



THE FRESH LIFE
INTERNAL MAKEOVER
journey



EVIL #1 -
MODERN WHEAT
(A CMO!)





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EVIL #1 - MODERN WHEAT (A CMO!)

Specifically Durum Wheat / Modern Day Wheat

This is the form of wheat that is most widely used in food production and therefore eaten around the world.

Why is Wheat Evil? What does it do to our bodies?

- Back in the 1960's Dr Norman Borlaug, a geneticist, cross cultivated strains of wheat to get a genetically superior strain of wheat that could withstand harsh weather conditions and yield more wheat from each crop,
- A couple decades later, Agri-business starts exposing seeds and embryos to sodium azide, an industrial chemical (which by the way is highly fatal on contact), in order to induce chemical mutations in the wheat plants - in order to create more 'desirable' wheat strains.
- They call it 'traditional breeding' because it is *technically* not genetic modification (which is the technique of gene splicing, or where gene insertion takes place) but it is far from traditional methods of cross breeding. It's chemically mutation.
- Other methods include gamma and gamba radiation of the seeds and embryos to cause Radiation Mutation.
- All these genetic 'altering' techniques were used well before the precision of genetic modification (even genetic modification is somewhat more 'controlled' in it's outcome, over random, imprecise, crude and unpredictable mutation techniques).
- The gluten in wheat has been chemically mutated: The gluten in modern day wheat is very different to traditional strains of wheat.
- Gluten is made up of Gliadin and Glutenin polymers.





- Glutenin - is a stretchy protein (this is what gives bread and pizza dough its visceral/stretchy properties).
- Gliadin - is a non stretchy protein.
- The Gliadin in modern wheat is a **BIG PROBLEM!**
The Gli-a9 amino sequence within today's wheat's Gliadin, didn't exist in the 19th century.
Our early 20th Century strains are closely linked to triggering celiac disease (which is the destruction of the finger-like projections that line the intestinal wall, and causes permeability of the intestinal walls - ie. leaky gut syndrome).
Since the chemical mutation of wheat, celiac disease has increased by over 400% in the last 50+ years.
- Wheat's Gliadin protein causes heightened mental disorders. Food obsessions, bulimia, anorexia, ADHD outbursts, depression and many other disorders. Psychiatric observations have even revealed that when wheat is eliminated from paranoid and schizophrenia patients' diets, their symptoms drastically reduce within 4 weeks (they actually tested this theory in cycles of 4 weeks on, 4 weeks off), and vice versa.
- When we eat wheat, this chemically mutated Gliadin binds with the opiate receptors in our brains causing an opiate response which causes appetite stimulation, much like morphine is an opiate pain reliever, and heroin is a euphoric high opiate (which confirms how strong the appetite stimulating properties of modern wheat is). This makes modern wheat an obesogen.
- This is the reason food manufacturers use wheat in **EVERYTHING** from pre-packaged sauces, spreads, sweets, and other processed foods. It makes you eat more food (and has you coming back for more, again and again).
- Wheat germ agglutinin (found in all strains of wheat, but again modern wheat has increased potency due to chemical mutation) is a bowel toxin which interferes with gall bladder function, blocks pancreatic enzymes





release (important for reducing high blood sugar levels) and causes changes/imbalance in bowel flora. It destroys the finger-like projections of the small intestinal wall.

- Dr Alessio Fasano, University of Maryland 1990, discovered that Gliadin has the ability to unlock the intestinal barriers. Our intestinal barrier prevents what is ingested from going directly into the blood stream. Gliadin disables the mechanism of the intestinal barriers (which is protecting us), by opening the tight junctions between the cells of the intestinal wall - allowing whole particles of undigested food to pass into the blood stream. Water escapes, and wheat germ agglutinin and glutenin now also now have access to your blood stream which can resemble the effects of the cholera toxin. Foreign undigested materials flow freely into blood stream which can cause: bowel inflammation, irritable bowel syndrome, acid reflux, inflammation of joints, inflammation of airway: asthma, inflammation of the brain, inflammation of the thyroid... Not part of your body escapes this autoimmune or inflammatory response.
- Those who eat wheat have more autoimmune/inflammatory diseases such as rheumatoid arthritis, Crohn's disease, lupus etc.
- Modern Wheat (much like most other forms of wheat, even traditional strains) contain what is called the 'complex carb' Amylopectin A. Unfortunately, it's not very 'complex' at all...It's branching structure makes it very susceptible to the enzyme amylase (the enzyme found in the saliva of our mouths), which makes it uniquely, *highly* digestible... which unfortunately means that it quickly breaks down into sugar. Actual sugar has a GI of 59 (glycemic index), but whole wheat bread has a GI of 72. That means that 1 slice of wholewheat bread is equal to 3 tablespoons of sugar!
- Spikes in blood sugar caused by wheat cause raised blood sugar levels, raised glucose and raised insulin levels (caused by the Amylopectin A), which is driven by Gliadin, the appetite suppressing protein that converts that food into visceral fat - the unhealthy fat that surrounds the vital/essential organs of our bodies.





- Lastly, (as if the above reasons wasn't enough) wheat is one of the most highly chemically sprayed crops in the world. In some countries it receives in excess of 9 different chemical and pesticide application along with heavy metal contaminated and petrochemical derived fertilisers.

How does it contribute to The Toxic Fat Effect?

- If our guts don't work, that pretty much stuffs up everything else. If our bodies can't digest, absorb and process the food we eat properly, then we can have all sorts of problems from allergies and sensitivities to foods, different forms of malnutrition, break down of the integrity of the all important gut lining and gut colonies that look after our digestion, and so it goes on.
- It causes blood sugar spikes leading to the creation of visceral (very unhealthy) fat that accumulates around the stomach and vital organs.
- The other reason of course is because of it's affect on our brain, by stimulation of our appetite to eat more food than we should (and crave to eat more of the wrong foods), which leads to increased calorie consumption and unhealthy weight gain because it is an obesogen.

Please refer to the pre-recorded **Webinar/Masterclass: 'What the hell is so wrong with what I'm eating anyway?'** for more detailed information on The Toxic Fat Effect, and how this affects our bodies and our health, wellness, weight, and longevity.





Where is this kind of wheat found?

- Besides the obvious:
bread
rolls
pasta
cereal
crackers
biscuits
pretty much most packaged/pre-made foods, sauces, tinned and bottled - you name it!
- Wheat is in EVERYTHING. Virtually all processed and packaged foods, sweets, seasonings, tinned tomatoes, sauces, ice-cream - you name it, it's in there... why? Not for taste or texture...
It's there to stimulate appetite and therefore increase sales!

What are the safest forms of Wheat to eat? Or what are the alternatives of wheat that I can replace wheat with?

- It's important to note, that because modern wheat was conceived of chemical mutation, that even organic/biodynamic or other 'clean-er' forms of modern wheat (unsprayed, etc), are *still* at the genetic level, chemically mutated, therefore are *NOT* healthier forms of wheat to eat!
- Ancient/unaltered forms of wheat are better (due to not being chemically mutated)
eg. spelt, camut, rye
- Breads made with other grains such as rice, corn (non-gmo/organic) - these still have a higher glycemic index.
- Buckwheat is another alternative which is not a grain, however if you are using any food that is processed into a flour, you still have a higher glycemic index (flour is digested faster).





- BEST OPTIONS: seed or nut based alternatives made with flaxseeds/linseeds, almonds, sunflower seeds.

TAKE ACTION NOW!

- Look at your 'Daily food Journeys' Journal (if you haven't already done so, go fill this out now!), and make some notes for yourself on how much wheat you and your family consume on a daily basis. You need to replace these with non-CMO alternatives...

Using what you now know, write a couple suggestions for yourself on how you can avoid or replace those ingredients. Follow the same Clean Eating Principles as outlined in the Webinar/Masterclass: What the hell is so wrong with what I'm eating anyway?

- Remember to take Baby-steps - choose one wheat based food you and your family eats the most, and try and incorporate a healthier alternative... try different options until you find one everyone likes (this is what I did).

One thing you can do is to give your family two choices - one *gross* and the other much better tasting! This is a little reverse psychology trick I am sharing with you here that works well. I like to call it 'choice psychology', the "which one do you want"? trick...

By giving a choice rather than forcing with one, creates a more likely result that the changes will be embraced. Choice makes everyone feel like they are part of the process. This has worked great for me in the past when I have introduced Jay to a hardcore, home made flax seed bread (a whole loaf of only brown flax seed bread is not a favourite over here! lol) and gave him the choice of a nice rice bread I found, toasted it and put the best topping on it, and guess which one he picked!!





References & Resources - Doco's, sites, books, experts

Don't forget to check out the Webinar Reference and Resources List - it's chocker block full of awesome stuff!

Dr William Davis - *Wheat Belly*

Dr Alessio Fasano - Study - 'Zonulin, regulation of tight junctons, and autoimmune diseases' -

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3384703/>

The Institute for Responsible technology - <http://responsibletechnology.org>
- *Gluten disorders* -

<http://responsibletechnology.org/gmo-education/gluten-disorders/>

