

The Dark Side of Wheat

First, I apologize for the lengthy response. However, this email is a very short summary of 4 years of research. I avoid wheat with more commitment than ever before. For almost 4 years, I have purged all wheat from my diet, and feel much better.

Even organic wheat is an inflammatory food and contains excitotoxins which make it addictive.

The attached book "The Dark Side of Wheat" is quite revealing. I got it free from:

<http://www.greenmedinfo.com>

Although the PDF file says 183 pages, the body text is only 22 pages. A 160 pages are citations to journal articles. The citations are categorized according 205 diseases and 20 adverse pharmacological actions.

On page 10, the book says wheat causes the following adverse effects on both celiac and non-celiac populations:

- 1) Wheat causes damage to the intestines
- 2) Wheat causes intestinal permeability
- 3) Wheat has pharmacologically active properties
- 4) Wheat causes damage that is "out of the intestine" affecting distant organs
- 5) Wheat induces molecular mimicry
- 6) Wheat contains high concentrations of excitotoxins.

From page 15. "When one eliminates wheat and fills the void left by its absence with fruits, vegetables, high quality meats and foods consistent with our biological needs we may begin to feel a sense of vitality that many would find hard to imagine. If wheat really is more like a drug than a food, anesthetizing us to its ill effects on our body, it will be difficult for us to understand its grasp upon us unless and until we eliminate it from our diet."

There are socio-political implications as well. From page 13:

- "The world-historical reorganization of society, culture and consciousness accomplished through the symbiotic relationship with cereal grasses, may have had as much to do with our ability to master agriculture, as to be mastered by it. The presence of pharmacologically active peptides would have further sweetened the deal, making it hard to distance ourselves from what became a global fascination with wheat."
- "An interesting example of wheat's addictive potential pertains to the Roman army. The Roman Empire was once known as the "Wheat Empire," with soldiers being paid in wheat rations. Rome's entire war machine, and its vast expansion, was predicated on the availability of wheat. Forts were actually granaries, holding up to a year's worth of grain in order to endure sieges from their enemies. Historians describe soldiers' punishment included being deprived of wheat rations and being given barley instead. The Roman Empire went on to facilitate the global dissemination of wheat cultivation which fostered a form of imperialism with biological as well as cultural roots."
- "The Roman appreciation for wheat, like our own, may have had less to do with its nutritional value as "health food" than its ability to generate a unique narcotic reaction. It may fulfill our hunger while generating a repetitive, ceaseless cycle of craving more of the same, and by doing so, enabling the surreptitious control of human behavior. Other researchers have come to similar conclusions. According to the biologists Greg Wadley & Angus Martin: "Cereals have important qualities that differentiate them from most other drugs. They are a food source as well as a drug, and can be stored and transported easily. They are ingested in frequent small doses (not occasional large ones), and do not impede work performance in most people. A desire for the drug, even cravings or withdrawal, can be confused with hunger. These features make cereals the ideal facilitator of civilization (and may also have contributed to the long delay in recognizing their pharmacological properties)."

Food is political, and has been since the beginning of civilization. To understand more about the history of food, politics and civilization, I recommend the books "1491" and "1493" by Charles C. Mann.

Watch this 8 minute video where Sean Croxton interviews Sayer Ji, founder of GreenMedInfo.

<http://tv.greenmedinfo.com/ditch-glucosamine-and-erzekiel/>

Here is the transcript of the interview, also attached as a PDF.

<http://www.greenmedinfo.com/blog/never-eat-wheat-heres-why-exclusive-digestion-sessions-preview>

Sayer Ji explains why wheat is so inflammatory, and why supplements like glucosamine help counteract the effects.

Quoting from the other Sayer Ji article:

“One of the interesting things that I wrote about in my essay about the dark side of wheat is the Roman Empire, which was known as the "Wheat Empire," they used a form of biological imperialism, because what they would do to expand their dominance of the ancient world was they would convert folks that were still living more of a "Paleo" type of life to their wheat economy, and force them to be part of this massive system.

What happened is, the Irish, the Fins, some Germanic tribes very resistant to being part of that— think of "Braveheart"—they still have some of the highest incidence of celiac disease, because they didn't go through the die-offs and bottlenecks that occurred from being forced into the wheat- based diet and economy. And so, the addictive properties that are fundamentally what I think enabled them to establish this kind of dominance...you dominate people biologically. Put fluoride in their water unnecessarily. Give them gluten. Same effect, basically.”

I think this observation is particularly important for people of Irish and Scottish descent, who might be particularly susceptible to the lectins in wheat which cause inflammation.

Anything made out of wheat flour will spike your blood sugar. See the book "Wheat Belly" by William Davis.

http://smile.amazon.com/Wheat-Belly-%C2%A0Lose-Weight-Health-ebook/dp/B00571F26Y/ref=sr_1_1

See the attached excerpt from "Wheat Belly" describing how wheat affects triglycerides and cholesterol.

However, the real problem with today's wheat is not the gluten. Rather, it is the Roundup Residue (glyphosate). Modern wheat fields are sprayed with Roundup to forcefully desiccate the wheat field on the farmer's schedule. That means the wheat is just loaded with glyphosate. See this article describing the practice.

<http://articles.mercola.com/sites/articles/archive/2014/09/14/glyphosate-celiac-disease-connection.aspx>

Glyphosate is devastating to the microbiome in your gut, as it is a potent anti-biotic. Glyphosate was originally patented in 1963 as a boiler mineral descaling chemical cleaner, and then again in 1981 as an antibiotic. Glyphosate disrupts the P450 enzyme mechanism which the bacteria in your gut need for survival.

Beer is made of hops and barley, but commercial beer has a lot of other chemical additives. Here is a great story about how giant corporations get away with "the lie of omission" on their food labels.

<http://foodbabe.com/2014/06/17/not-so-fast-beer-companies-why-arent-you-disclosing-these-additives/>

Here is another example of politicizing food. Reinheitsgebot 1487, known as the German Beer Purity Law, was used in Bavaria and Germany to eliminate competition on Wheat and Rye to help keep the price of bread controlled, by establishing Barley, Hops and Water as the only ingredients allowed for brewing beer.

<http://en.wikipedia.org/wiki/Reinheitsgebot>

Re: other grains. I will eat organic versions of these grains: rye, oat, buckwheat and quinoa.

I use this organic oat meal.

http://smile.amazon.com/Bobs-Red-Mill-Organic-Steel/dp/B004VLVO7W/ref=sr_1_1

I eat this organic bread.

<http://smile.amazon.com/gp/product/B004H0ZCHK>

I don't try to avoid gluten. I do go to great lengths to avoid Roundup residue. Thus, I eat 100% organic. I will not touch anything made of soy. I don't eat wheat because it spikes the blood sugar, and because of the Roundup residue. I will not eat corn, except for organic corn on the cob. I will not eat Canola. I hardly eat any rice. Rice is a problem because almost all rice, even organic rice, is loaded with arsenic. Thus, rice should be a rare treat, like eating the swordfish or tuna that is known to contain mercury.

Regards, Andy

Andy Pattantyus

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From: Tamas Pattantyus [<mailto:tomimre.pabraham@gmail.com>]

Sent: Sunday, July 19, 2015 6:22 AM

To: Andy Pattantyus

Cc: Gerald Poe

Subject: Re: The Revolution will not be YouTubed

Thanks, Andy!

Yes, I am hooked on wheat, I cannot imagine my diet without it. The addiction has been going on since my baby-days. In Hungary the first semi-solid food babies are given is the wheat grist "kasha", grist cooked in water or milk.

Then we have eaten a lot of white bread to boot. Hungarian wheat has very high gluten content and that is why one can buy fabulous strudels in Hungary and Austria. I doubt if I am going to switch from wheat bread to quinoa at the young age of 81 years.

My question is: are other grains like rye, oat, barley, rice, etc. as "poisonous" as wheat? I also love rye breads, oat breads, oat meal for breakfast and last but not least beer (liquid bread).

I hope I have not caused unnecessary worries to you. When I have to go I shall not fight it and shall not try to trick the great reaper. Love: DAD

On Sat, Jul 18, 2015 at 3:25 PM, Andy Pattantyus <andyp@strategicmodularity.com> wrote:

How censorship and manipulation of political content is accomplished, at a flick of a switch.

<http://tv.greenmedinfo.com/revolution-will-not-youtubed/>

Google and Facebook are already in the bag.

Google bought YouTube, now affectionately known as GooTube.

Food and health related content is heavily manipulated, making my research difficult and time consuming.

Regards, Andy