



## The Harmful Effects of Wheat and Gluten

Today's wheat isn't the wheat that we were eating in 1960. Today's wheat, the wheat most of us have been eating since 1985, has been altered genetically to provide a significantly higher yield per acre. This genetic tampering has produced a grain that is biochemically and genetically unique. This 'new' food is proving to be very toxic and disruptive to human physiology in a variety of ways.

William Davis, M.D. is the cardiologist who wrote *Wheat Belly: Lose the Wheat, Lose the Weight*. Here are some of the health benefits experienced by his patients when they excluded wheat from their diets. No drugs, no supplements, just the exclusion of wheat.

- Weight loss (or weight gain in underweight patients)
- Decreased appetite and obsession with food
- Blood sugar normalization
- Reduced joint pain
- Reduced inflammation ... C-Reactive protein
- Decrease in blood pressure
- Decreased triglycerides and LDL
- Increased HDL (the good blood fat)
- Increased energy and better sleep
- Decreased acid reflux and Irritable Bowel Syndrome
- Decreased gastrointestinal dysbiosis, leaky gut, and inflammation
- Decrease in inflammatory processes and water retention
- Increased memory and cognitive performance.
- A reduction in autoimmune disease

## How Wheat Disrupts Blood Sugar

Wheat raises blood sugar more quickly than table sugar. Whole wheat has a glycemic index of 72 ... table sugar is 59. Two slices of whole wheat is the equivalent of eating 6 teaspoons of white table sugar.

A quick rise in blood sugar creates the following ... and the elimination of wheat can prevent or reverse the same.

1. High blood sugar
2. High Insulin ... which leads to insulin resistance and ....
3. Increased belly or visceral fat and ...
4. Increased inflammation
5. Increased triglycerides and LDL
6. Decreased HDL