

## **BREAD and FLOURS : MAIN DANGER FOR HEALTH**

In fact, bread is the first food-addiction.

Bread and cereals that contain gluten produce chemicals named **gluteomorphines**. And as their name says, those chemicals function with **opioid receptors** in your bread – the same receptors triggered by medicines such as morphine and heroine. Very similar compound, named **casomorphines**, are present in cheese. This explains the euphoric pleasure that you feel when you bite into a slice of crusty pizza covered with melted cheese!

And just to make sure you are going to take one more, the peak of sugar in the blood that you get with a bread rich in glucids brings level of dopamine high—the "greedy neurochemistry" at the origin of desire and pleasure, which is also the origin of the word "dope".

### **Bread is a drug that causes a repetition of craving cycles for more bread!**

Dr. William Davis, a cardiologist, calls wheat "the perfect chronic poison". And this poison, we consume a lot. The average American consumes 25 kg of wheat flour each year, making refined flour the number one source of calories in the American diet. Chris Kresser, an expert in functional nutrition, describes this situation as "a public health disaster."

And it's an experience you've probably had personally ... Eating gluten can cause a series of symptoms. You feel heavy and foggy. And part of the reason is because of ... wheat!

### **A little known compound that makes the Glycemic Index of Wheat the highest of all foods**

It is important to keep your blood sugar stable... Rapid peaks in blood glucose and insulin promote a cascade of inflammation and oxidation. The repeated onset of these peaks greatly increases your risk of cancer, Alzheimer's, Parkinson's, Multiple Sclerosis, heart disease, fatty liver, diabetes, macular degeneration, physical aging (wrinkles), intestinal, dermatological diseases, and more!

And know that wheat - including so-called "healthy" whole wheat - increases blood sugar more than any other food ... even when the same amount of carbohydrate is consumed in another food. This is because 75% of the carbohydrates in wheat are in the form of amylopectin A.

This compound is unique because of the speed with which it turns into glucose. According to a study published in the American Journal of Clinical Nutrition, eating only two slices of whole wheat bread increases your blood sugar more than drinking a can of soda, eating a chocolate bar or serving six teaspoons of table sugar!

And it's not just the threat of diabetes, cardiovascular disease and metabolic syndrome ... there is also the damage that ordinary bread can cause to your gut.

And it cost millions of people their health and pleasure in life ...

Celiac Disease: This is the most serious (and often life-threatening) sensitivity to cereals containing gluten. Many of those who suffer from this disease can not consume any grain of wheat without intense digestive pain ... and other embarrassing symptoms. Other diseases, such as Crohn's disease and inflammatory bowel diseases, also cause cramps, bloating and other digestive disorders when wheat is consumed.

This would suggest that as long as you can eat bread without stomach pain - there is no harm in consuming it! Do not be fooled by this illusion! The truth is that almost 50% of newly diagnosed celiac patients have no digestive symptoms<sup>1</sup>! In other words, half of those who are extremely sensitive to wheat can still eat it without the typical "bowel problems".

Being able to eat a 30cm long sandwich without the least gurgle in your stomach... doesn't indicate that it doesn't hurt you! Even if you feel very well after eating gluten, every bite causes silent damages to your intestine and exposes you silently to a serious disease!

Dr. Alessio Fasano (professor of medicine and researcher emeritus) has written more than 240 peer-reviewed articles. His research, along with dozens of other scientists around the world, shows that wheat causes chronic intestinal inflammation. The compounds it contains can also cause direct damage to all tissues in your body. And you do not need some 'special' genes for the damage to happen ...

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<sup>1</sup> Barker JM, Liu E. Celiac disease: pathophysiology, clinical manifestations, and associated autoimmune conditions. *Adv Pediatr*. 2008;55:349-365.

It happens to ALL who consume it! Of course, the inflammatory protein we call "gluten" is partly responsible. The New England Journal of Medicine lists 55 conditions that can be caused by gluten, ranging from "benign" diseases such as canker sores to diseases as serious as cancer!<sup>2</sup>

A study published in *Plant Physiology* shows that modern wheat is capable of producing at least 23,788 unique proteins, one of which can trigger an inflammatory response<sup>3</sup>. This is why some people react strongly to wheat, but have NO reaction to gluten (even in high doses).

The most dangerous proteins of wheat are the lectins, the main compounds that plants use to protect themselves from insects, bacteria ... and YOU!<sup>4</sup>

Lectins are actually designed to poison. The poison known as ricin, deadly in quantities as small as half a grain of sand, is a lectin. Of course, most lectins will not kill you overnight ... but they can make you VERY sick over time! Wheat germ agglutinin (WGA) is one of the most dangerous.

### Studies show that WGA is:

- Cardiotoxic: Toxic to the heart and blood vessels
- Immunotoxic: Toxic to the immune system
- Cytotoxic: Induces programmed cell death
- Neurotoxic: Toxic to nerves and brain tissue

It can exert these effects in minute concentrations, and a single grain of wheat contains 16,700 billion molecules of this toxic compound!<sup>5</sup>

Just imagine the dose you receive when you eat bread at almost every meal. And do not forget ... the highest concentrations are found in grains supposed "healthy", whole and sprouted! And if that's not enough, the WGA is also the reason

### Why it's almost IMPOSSIBLE to burn fat and lose weight when you eat bread!

Insulin is "the fat storage hormone". When insulin and glucose levels are high:

1. The fat storage increases and
2. Fat burning stops

That's why high-glycemic wheat is so effective at making you fat! But it gets even worse, because studies show that wheat germ agglutinin is a "dead ringer" for insulin. In fact, an article in the *American Journal of Physiology* proves that WGA binds directly to insulin receptors, increasing the storage of fat and blocking your ability to burn stored fat! And this is not the only way that this killer compound in wheat disrupts your hormonal function ... WGA also blocks the hormone leptin. Leptin is extremely important for your appetite and weight. It's the molecule that tells your brain when it's time to eat ... and when you're tired of it.

<sup>2</sup> Richard J. Farrell, M.D., and Ciarán P. Kelly, M.D. Celiac Sprue. *N Engl J Med* 2002; 346:180-188 January 17, 2002 DOI: 10.1056/NEJMra010852

<sup>3</sup> Vandepoele K, Van de Peer Y. *Exploring the plant transcriptome through phylogenetic profiling. Plant Physiology*. 2005 Jan;137(1):31-42.

<sup>4</sup> Puzstai A, Ewen SW, Grant G. *Antinutritive effects of wheat-germ agglutinin and other N-acetylglucosamine-specific lectins.* <https://doi.org/10.1079/BJN19930124> Published online: 01 March 2007

<sup>5</sup> Further characterization of wheat germ agglutinin interaction with human platelets: exposure of fibrinogen receptors. *Thromb Haemost*. 1986 Dec 15;56(3):323-7. PMID: 3105108. Wheat germ agglutinin-induced platelet activation via platelet endothelial cell adhesion molecule-1: involvement of rapid phospholipase C gamma 2 activation by Src family kinases. *Biochemistry*. 2001 Oct 30;40(43):12992-3001. PMID: 11669637 Lectinlike properties of pertussis toxin. *Infection and Immunity* 1989 Jun;57(6):1854-7. PMID: 2722243 Natural human antibodies to dietary lectins. *FEBS Lett*. 1996 Nov 18;397(2-3):139-42. PMID: 8955334 Wheat germ lectin induces G2/M arrest in mouse L929 fibroblasts. *J Cell Biochem*. 2004 Apr 15;91(6):1159-73. PMID: 15048871

Transsynaptic transport of wheat germ agglutinin expressed in a subset of type II taste cells of transgenic mice. *BMC Neuroscience*. 2008 Oct 2;9:96. PMID: 18831764

Distribution of concanavalin A and wheat germ agglutinin binding sites in the rat peripheral nerve fibres Revealed by lectin/glycoprotein-gold histochemistry. *The Histochem Journal*. 1996 Jan;28(1):7-12. PMID: 8866643

Wheat germ agglutinin, concanavalin A, and lens culinalis agglutinin block the inhibitory effect of nerve growth factor on cell-free phosphorylation of Nsp100 in PC12h cells. *Cell Struct and Function* 1989 Feb;14(1):87-93. PMID:2720800

Mishkind M, Keegstra K, Palevitz B. Distribution of Wheat Germ Agglutinin in Young Wheat Plants. *Plant Physiol*. 1980 Nov;66(5):950-955.

### **Can you imagine what happens to your body when your "stop signal" is broken?**

That's what happens when you become resistant to leptin! Thus, not only is WGA toxic to almost every cell in your body, it can also make you fat and prevent you from losing those extra pounds!

It's important to understand what lectins do to your gut ... That's what has caused crippling diseases to nearly 50 million Americans, and millions more around the world! Lectins are often described as "sticky" molecules. They use this property to bind to cell membranes ... especially the cells that line your intestines, the enterocytes. This can interfere with digestion. But it also causes chronic inflammation and the long-term consequences are serious chronic intestinal inflammations!

The lining of your intestines is extremely sensitive ... so sensitive that it is slightly damaged every time you eat (even when you choose the healthiest foods). Normally, the damage is repaired quickly and the lining of your gut is regenerated with new cells. But lectins slow down vital regeneration. By attaching to the walls of your intestines, they prevent cells from regenerating quickly enough to keep the lining healthy. But they do not only slow down the repair: the lectins are designed to attack your gut!

Sticky lectins lodge in your intestinal wall and separate the tight junctions between the enterocyte cells. This fuels the inflammation (even if you feel no discomfort). Thus, not only do lectins light the fire in your belly but they also prevent repair and regeneration. So it's no surprise that Dr. Steven Gundry - renowned heart surgeon and lectin effect authority - has called these compounds "the greatest danger in the American diet"!

### **Why this flame in your belly stoked by bread is so dangerous ...**

When your gut is healthy, the beneficial nutrients easily pass through the enterocytes... While bacteria, viruses, yeasts, allergenic proteins and undigested food pieces are prevented from getting into your bloodstream. But when your critical intestinal barrier is inflamed and tight junctions are damaged, harmful substances in your intestinal lumen seep into your bloodstream. And once these compounds are in the blood, they can wreak havoc on every aspect of your health

### **This dangerous condition is called "leaky gut" and the number 1 food cause ... is WHEAT!**

The most confusing part about intestinal porosities is that many symptoms of this digestive disease have nothing to do with abdominal discomfort or "belly problems" ... Example of problems that can result from intestinal porosity:

- Painful joints and permanent tiredness ... even after a full night of rest
- Itching, eczema, pimples or skin problem;
- Difficulties finding your words
- Depression, anxiety, insomnia

Given all these seemingly uncorrelated symptoms, and there may be many more, it is easy to understand why so many people who suffer from it are undiagnosed.

### **And the longer the damage lasts ... The worse it will be along the road**

Undesirable substances flowing from your intestinal lumen into your blood promote constant inflammation - the cornerstone of the disease. But what it does to your immune system could be worse! As pathogens, proteins, and undigested food particles seep into your bloodstream, your immune system attacks these "alien" invaders. This greatly increases the number and severity of food allergies, intolerances, and seasonal allergies that you may experience. And this is the root cause of the modern allergies epidemic.

Your immune system is not designed to engage in an endless war. Constant hyper-vigilance has consequences. As your overloaded system weakens, you become more vulnerable to disease and infection.

### **Autoimmune Diseases: what happens when your own body turns against you?**

Your immune system has an incredible power to destroy tissues and cells. That's how it protects you. But you want this defensive weapon to be directed to the enemy ...

And that's exactly what happens when your immune system is "triggered" by every bite of food you take. Constantly over-stimulated, it loses the ability to recognize the "self" from "no-self". Instead of destroying foreign invaders, it makes war on healthy tissues and organs. Your own

immune system starts attacking your colon, your thyroid, your joints, your nervous system, and even your brain! Instead of destroying foreign invaders, it attacks healthy tissues and organs in order to destroy them.

There are more than 100 different autoimmune diseases and the number of people affected is amazing! According to the American Autoimmune Association, 50 million Americans suffer from at least one of these conditions. That's nearly 1 in 5 people in the United States (plus a hundred million others in the world)!

Autoimmune disease is one of the top 10 causes of death among women under 65 years of age. And she can be extremely debilitating before killing you. The telltale symptoms include:

Overwhelming fatigue and weakness

Chronic pain in joints, muscles and bones

Headache, migraines, brain fog and poor concentration

Insomnia, mood swings, anxiety and depression

Digestive problems, skin problems, sinus infections, ENT

In many cases, it is possible to reverse leaky guts, autoimmune diseases and a host of diet-related conditions. And they can always be prevented, because ... the cause (and the cure) starts with the food on your plate!

However, if you think that this means replacing wheat with commercial gluten-free varieties (or many recipes you see online), please reconsider this opinion, because ...

### **Most "gluten-free" breads can be worse!**

These gluten-free products (cereals, cookies and other processed foods) use ingredients that are no better than those made from wheat! Like other processed foods, they contain chemical preservatives, soy proteins, dough conditioners, inflammatory seed oils, corn syrup and rice ... and often GMOs. And in most cases, they also contain LECTINES!

If your gluten-free bread contains rice flour, corn, beans, buckwheat, barley, rye or quinoa, then it is intensely LOADED with lectins that you must avoid! Some are even more dangerous than wheat lectins. This means that your favorite gluten-free bread could cause the same health problems as the usual bread. And that's not all, because ...

**Most gluten-free products make your blood sugar levels go up!**