

Five Foods That Cause Disruption In The Body

Grains/Wheat

There is no doubt that when it comes to affecting your physiology and creating a cascade of health problems for individuals; grains is the number one offender. Let's be clear that the grains and grain products like pizza, bread, bagels, cereal, etc. that are produced today are nowhere near what was harvested and consumed over 2000 years ago. There were two major events that changed the course and quality of wheat that you eat today. The first was the Industrial milling in the 1870's. The advent of white flour and the birth of the processed food industry. You could now separate the component parts, allowing the purest and finest of white flour to be easily produced at low cost, so every class of person could afford the new flour. Beyond being cheap and wildly popular, this new type of flour shipped and stored better, allowing for a long distribution chain. In fact, it kept almost indefinitely. So how about nutrient value? This excerpt from Wikipedia says it well: "From a human nutrition standpoint, it is ironic that wheat milling methods to produce white flour eliminate those portions of the wheat kernel (bran, germ, shorts, and red dog mill streams) that are richest in proteins, vitamins, lipids and minerals." ¹

The second major shift occurred in the 1960's and 1970's. Let's call it the Green Revolution. For 10,000 years, we cultivated wheat, stored it, milled it and consumed it. It was a very calculated and practical process. The system worked and it nourished civilization with beneficial sources of sustenance. This all changed in the industrial era where we invented mechanical technologies to turn wheat into barren white flour. That was followed by introducing chemical and genetic technologies (GMO) to make it resistant to pests and drought while at the same time making it easier to harvest. The final negative intervention was figuring out how to increase glutens for better texture, appearance and to hold the wheat together. If you break the word gluten down, it stands for glue. From the modified seeds grown in poor soil, washed with chemicals and devoid of all nutrient value, the breads and grains we eat today are almost unrecognizable by the body. Your body was not meant to digest the grains and it's variants that are sold today.

So what really is the problem with the breads, pastas, pizzas, bagels, cereals, etc.? It is not just gluten, rather the opioids and amylopectin A. Let's define what gluten is and where it can be found. "Gluten is a general name for the proteins found in wheat (durum, emmer, spelt, farina, farro, KAMUT® khorasan wheat and einkorn), rye, barley and triticale. Gluten helps foods maintain their shape, acting as a glue that holds food together." 2 Most people think that Gluten is only a problem for people who suffer from Celiac Disease (Celiac disease is an immune disorder in which people cannot tolerate gluten because it damages the inner lining of their small intestine and prevents it from absorbing nutrients) or are gluten sensitive. Gluten sensitivity is harder to define but typically patients of mine experience symptoms such as brain fog, depression, mood disorders, abdominal pain, bloating, diarrhea and or constipation, headaches, malaise, and chronic fatigue when they have gluten. The difference between gluten sensitivity and celiac disease is that gluten sensitive clients do not experience the small intestine damage or develop the auto-immune response where your body attacks your tissue (tissue transglutaminase (tTG) antibodies). The third point on eating gluten containing products is that even people without celiac or a sensitivity do not digest gluten properly. The structure of the gluten protein are not easily broken down or absorbed by the human body.

The second issue with the pizzas, bagels, bread, etc. are the chemicals within them that bind to opioid receptors in the nervous system. The peptides found in wheat are so powerful and addictive that they have been compared to heroin and other drugs. Described below is the structure of two of the most prominent food opiates that have had their amino acid structure slightly altered over time. "These "food opiates" are heavily concentrated in wheat and dairy products, especially cow's milk. Wheat contains the following opioid peptides, known as gluten exorphins, alongside which are listed their amino acid structure:

- Gluten exorphin A5: H-Gly-Tyr-Tyr-Pro-Thr-OH
- Gluten exorphin B4: H-Tyr-Gly-Gly-Trp-OH
- Gluten exorphin B5: H-Tyr-Gly-Gly-Trp-Leu-OH
- Gluten exorphin C: H-Tyr-Pro-Ile-Ser-Leu-OH
- Gliadorphin: Tyr-Pro-Gln-Pro-Gln-Pro-Phe

Cow's milk, depending on the milk variety (A1 or A2), contain a variety of combinations of the following casomorphin peptides:

- β -casomorphin 1-3: H-Tyr-Pro-Phe-OH
- Bovine β -casomorphin 1-4: H-Tyr-Pro-Phe-Pro-OH
- Bovine β -casomorphin 1-4, amide: H-Tyr-Pro-Phe-Pro-NH₂
- Bovine β -casomorphin 5: H-Tyr-Pro-Phe-Pro-Gly-OH
- Bovine β -casomorphin 7: H-Tyr-Pro-Phe-Pro-Gly-Pro-Ile-OH
- Bovine β -casomorphin 8: H-Tyr-Pro-Phe-Pro-Gly-Pro-Ile-Pro-OH” 3

Dr. William Davis who is also the Best Selling author of “Wheat Belly” says “the peptides in gliadin, the enzyme in wheat, mimic an opiate in the brain. The same way a drug addict needs another hit, wheat stimulates the appetite in an insatiable manner. They tend to stimulate appetite for junk carbohydrates. All compounded by this gliadin opiate affect, Davis says. No one on the planet is eating the same wheat Jesus Christ ate, says Dr. Tom O’Bryan of theDr.com. Modern wheat today has 42 chromosomes, Emmer wheat in the Bible had 28 chromosomes, Einkhorn wheat which preceded Emmer had 14 chromosomes. Before we ate the seeds of grasses tooth decay was virtually unknown. “ 4 As you can see, the gluten and opioid effect on the human body is profound and a major reason why so many people feel the symptoms they do when consuming this food.

The third and final point when dealing with grains is the starch structure of wheat also called amylopectin A. This A structure is easily broken down by enzymes into glucose which elicits a higher glycemic index response. This spike in sugar in the blood is followed by insulin being released as described earlier in the book. The point I want to clearly articulate with grains is that they are not the beneficial food you have been lead to believe they are. They will do much more harm to your body than good. In my experience, most people are simply unaware of the research and data that we have provided above.

Dairy

The second food/liquid that I see causing many problems for my patients and clients and we touched on earlier is dairy. Dairy can come in many forms like cheese, yogurt, milk, etc. Studies show it is the second most researched food just behind wheat and gluten. Just some information when using milk as an example. Lactose is the sugar found in milk, lactase is the enzyme that breaks down the sugar and casein is a protein found in milk (whey is another one). Most people stop producing the enzyme lactase around the age of five. This is important because as mentioned, it is used to break down the sugar lactose that is found in milk. Logically this tells me we don't need milk after the age of five. I have looked at various studies from reputable sources and almost all of them contradict what we have told are the benefits from consuming milk. The first misconception is that milk is excellent for your bones and preventing fractures. Dairy has never been shown to reduce fracture risk and there are studies showing that it can actually increase fracture risk. Countries that also have the lowest rate of dairy and calcium consumption ironically also have the lowest rates of osteoporosis. I would advocate that vitamin D is more effective at helping with bones and joints over calcium products or supplementation.

A growing trend I see with the general population is people complaining of constipation or diarrhea after consuming dairy. You may have heard the term lactose intolerance and the research is starting to validate many of the symptomatic and asymptomatic patient's description of their concerns. " About 75 percent of the world's population is genetically unable to properly digest milk and other dairy products - a problem called lactose intolerance. Our bodies just weren't made to digest milk on a regular basis. Instead, most scientists agree that it's better for us to get calcium, potassium, protein, and fats from other food sources, like whole plant foods -- vegetables, fruits, beans, nuts, seeds, and seaweed. " 5

Corn

This next food will surprise many people but it is indeed a trigger food that can cause problems for people. Sweet corn that has not been modified is actually ok for you. It contains some fiber, C vitamins, B vitamins, magnesium and potassium. However, the issue is with field corn and the corn crop as they have been known to contain genetically modified organisms (GMO's). A major reason why farmers genetically modify the corn is so that it can withstand the herbicides and pesticides that they spray on them. Farmers spray them to kill the weeds and insects. However, these sprays can penetrate the corn or other plants for that matter. Another component that is extracted from corn is called high fructose corn syrup (HFCS). It is found in

many foods and drinks like bread, yogurt, cereal, pop, etc. and is a sweetener that has been shown to cause a whole host of health problems for people. I will leave the HFCS for another discussion but just make sure that if you are going to eat corn that you get it from organic, quality controlled sources.

Soy

This is a very sensitive topic as the paleo community will look at soy in a very different way as opposed to the vegetarian community. First off, soy is a protein derived from soybeans. As I have always stated, there are pros and cons to everything in life and you have to determine what works best for you. In my experience and from the literature that I read, soy can create more adverse effects on the body than positive. It is a food in my opinion that is better to avoid than to consume. The science and researchers are also uncertain of the impact of soy and soy containing foods. Here are some of the arguments against Soy. Soy can potentially cause thyroid issues in people who are iodine deficient, the actual soybeans contain phytoestrogens which mimic the body's natural hormones. This can lead to low testosterone in men and estrogen dominance in women. The higher levels of phytic acid in soy inhibit the body's ability to absorb important minerals, including zinc, calcium, copper, iron and magnesium. Remember that you want to have a balance in vitamins and minerals. Soy also contains protease inhibitors, which can block the enzymes that are necessary for the digestion of certain proteins. It also contains lectins and phytates which we have mentioned before and cause signaling/receptor problems in the body. Many countries like Germany, Israel and New Zealand have warned about the consumption of Soy. The decision is always yours but the purpose of this section is to describe to you some of the foods I see cause problems for my patients and clients.

Eggs

The final food that makes my top five that can trigger symptoms in people is eggs. I remember years ago when bodybuilders used to only eat the egg whites and avoid the yolk for fear of raising cholesterol. That theory has finally been disproven and most people know that eating the entire egg is beneficial for your health. That is not the reason why eggs makes this list. Eggs cause concern for people with leaky gut because the specific protease in egg whites that

those people with autoimmune disease or severe allergies/leaky gut need to be concerned with is called lysozyme. Lysozyme has the ability to form strong bonds with other proteins. So, lysozyme from egg white typically passes through your digestive system in large complexes with other egg white proteins. Many of the proteins present in egg whites are protease inhibitors. This means that the lysozyme/egg white protein complexes are resistant to digestion by your digestive enzymes. In laymen's terms, the enzyme passes through the digestive system with the other egg proteins but because some egg proteins are protease inhibitors, these proteins are not broken down. Other proteins and bacterial proteins can bind to the lysozyme complex and when this happens, your immune system can mount a response against the foreign invader. This creates inflammation, symptoms, potentially leaky gut and autoimmune disease.

A quick story and this pertains to where I get my haircut. The wonderful lady who cuts my hair said Mike, I know what you do for a living and I have a question for you. I have allergies all the time, brain fog, sniffing, headaches and can't sleep very well. Can you help? I first ask about diet and said have you eliminated bread? She said yes. Have you eliminated dairy? She said yes. Have you eliminated corn and its constituents? She said yes. Have you eliminated soy? She was getting irritated but said yes. I said ok, have you eliminated eggs? She stopped cutting my hair and said I eat them twice a day. I said you have nothing to lose so try eliminating eggs from your diet and see what happens. She hesitantly agreed. I saw her a month later and she said you will not believe this Mike but all of my symptoms disappeared after removing eggs from my diet. She was very kind and she is very grateful that she asked me that one simple question. Does this sound familiar to you folks? I am just hear to give you some ideas and open your way of thinking up when it comes to food.

1 https://en.wikipedia.org/wiki/Wheat_middlings

2 <https://celiac.org/live-gluten-free/glutenfreediet/what-is-gluten/>

3 <http://www.greenmedinfo.com/blog/do-hidden-opiates-our-food-explain-food-addictions1>

4 <http://nourishingplot.com/2014/04/17/foods-that-cause-an-opiate-effect-in-the-brain/>

5 http://www.huffingtonpost.com/dr-mark-hyman/dairy-free-dairy-6-reason_b_558876.html

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