

# LiveIt!

## Nutritional Lessons



### Don't Suffer Needlessly - Take The Gluten Challenge

### LiveIt! Lifestyle Lesson 31

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*“Disease does not exist in primitive races eating natural foods. We know also that the diseases of civilized man – cancer, diabetes, hardening of the arteries, tooth decay and many others – are practically nonexistent among (those) living on natural foods.” Dr. Royal Lee 1961*

*From the Pen of Dr. Royal Lee (1895-1967)  
Inventor, Scientist, Genius, Founder of Standard Process, Inc.*

### Is There Poison in Our Food?

**I**f you were eating poison virtually everyday of your life would you expect to feel well?

Of course you wouldn't. But unknowingly, many, if not all of us, are eating certain foods that may be dramatically affecting our health and well-being.

First, let's explore what the word "poison" means.

1. A toxic substance that causes illness, injury, or death if taken into the body.
2. Negative influence – something that exercises a destructive or corrupting force, especially in an insidious way.
3. To pollute the water, land, or air severely with a harmful substance.

**Processed foods are, for many, insidious, toxic substances resulting in the disordering of the normal body chemistry leading to illness and, in the extreme, disease and death.<sup>1</sup>**

#### Food & Business - An UnHealthy Alliance?

Processed foods were developed in order to package and preserve foods to make them available year-round to people everywhere. Granted, this was a worthy goal, but somewhere along the

way whole, natural foods were replaced by foods selected and processed for storage, shipping, shelf-life and cost, not for nutrition and health.

Fresh, whole foods are only available in close proximity to where they are grown because they spoil. The processing of foods made them consistently available to everyone everywhere but also less healthful.

The food business has morphed from farming, to provide essential sources of nourishment to "food" as a commodity. Artificial ingredients are added to control and manipulate desires while encouraging over consumption and sales.

One can easily see how certain foods that are easily grown, harvested, preserved, transported, prepared and flavor-enhanced have assumed prominence in the modern food supply. The processed food industry tends to use the least expensive ingredients that meet their goals, regardless of whether they contribute to the consumer's nutritional needs. And since these processed foods are part of everyday life, it is difficult for some people to accept that one of their everyday foods could be poisoning them little by little. Refined flour is one example.

#### Refined Flour and Gluten

Wheat is one of the most com-



monly processed foods and is found in most packaged food. While refined wheat flour makes light, fluffy cakes, breads and cereals with a long shelf life, it is dramatically deficient in nutrients. That's because when wheat is refined for use in processed foods, the wholeness of the wheat is destroyed as the wheat germ is separated from the starchy parts of the wheat grain. Wheat germ is the healthy part of the grain as it is the primary source of vitamins and healthy oils.

The problem for the processed food business is that the germ quickly goes rancid and spoils after grinding the wheat for baking. The spoiling of grains makes them taste bitter while reducing shelf life, therefore making them unfit for the processed "food" business.

Gluten is a protein found in the starchy, carbohydrate-dense part of wheat that remains after separating the germ and is extensively used in the processed food industry. **The gluten protein is one of the substances that for some people is poisonous.**

## Don't Suffer - Take the Gluten Challenge

Let's learn more about gluten and how it may be negatively impacting your health.

Gluten-rich processed foods are challenging to health for at least three reasons:

1. Wheat gluten protein is difficult to digest and for some people causes immune reactions and inflammation.
2. Gluten is found in most breads, cereals and refined food products; it's everywhere!
3. Processed "foods" high in gluten lead to nutritional deficiency disorders.

### What happens when a person sensitive to gluten eats it?

A gluten-sensitive person's immune system reacts to the gluten molecule as it passes through the small intestine. As a result, the small intestine becomes inflamed and "leaky," unable to maintain a barrier between the contents of the intestines and the internal tissues. This immune system disorder may lead to inflammation, infection, damage and disease, especially autoimmune disease.<sup>2</sup>

Stressed by these circumstances, the digestive system may lose its ability to absorb nutrients, causing healthful foods to pass from the body unused. Nutritional deficiency disorders are a common result.<sup>3</sup>

### Do you suffer any of these common symptoms linked to gluten intolerance?

- ✓ Bloating or Fatigue, especially after meals
- ✓ Headaches, mental fog, forgetfulness and lack of concentration
- ✓ Joint pain and stiffness
- ✓ Depression
- ✓ Loss of balance

If, from time to time, you suffer any of these symptoms, you may be gluten intolerant and should take **The Gluten Challenge**. Although there are extensive and expensive tests to determine true gluten intolerance, oftentimes after The Gluten Challenge people feel so much better while living a gluten-free lifestyle that they choose to continue it for life, regardless of the results of testing.

### What is the Gluten Challenge?

The Gluten Challenge is a three week commitment to a gluten-free food plan. This means that you will focus your attention on vegetables, salads, fruit, beans and non-gluten grains, as well as adequate protein.

Very simply, gluten-sensitive people avoid eating gluten-laden "foods" and repair their body with whole foods and whole food concentrates.<sup>4</sup>

Ask me for a copy of The Gluten Challenge food plan and let's find out if you are one of the millions of Americans negatively affected by this "poison."

#### References:

- 1: Dietary patterns and risk of mortality from cardiovascular disease, cancer, and all causes in a prospective cohort of women. *Circulation*. 2008 Jul 15;118(3):230-7. Epub 2008 Jun 23.
- 2: Inflammatory bowel disease and celiac disease *Endocr Metab Immune Disord Drug Targets*. 2009 Jun;9(2):199-218.
- 3: Food allergy, coeliac disease and chronic inflammatory bowel disease in man. *Vet Q*. 1998;20 Suppl 3:S49-52.
- 4: Nutritional aspects in inflammatory bowel disease. *J Pediatr Gastroenterol Nutr*. 2009 Apr;48 Suppl 2:S86-8
- 5: How the mid-Victorians worked, ate and died. *Int J Environ Res Public Health*. 2009 Mar;6(3):1235-53. Epub 2009 Mar 20.

### Patients Speak about The Gluten Challenge

*My long-term exhaustion and gloom, my unclear thinking especially when my blood sugar would drop every afternoon, my low back pain that never really went away and constipation that was getting worse, all improved once I took the Gluten Challenge and stopped aggravating my body with the breads, pastas and snacks. Now I have no back pain, I can better take care of my family and home, and I am so happy to be cheerful and able to think again! MS*

### What Did You Learn?

Grains are refined to benefit the food **True False** business, not my health.

The healthy part of grain is removed **True False** because it spoils.

Gluten is a protein that remains in processed grain "foods" and is in most packaged "food." **True False**

Gluten is "poison" to some people and health challenging to virtually everyone. **True False**

Symptoms of gluten intolerance are serious and should be explored. **True False**

Taking The Gluten Challenge may be the best way to see if I am gluten intolerant. **True False**

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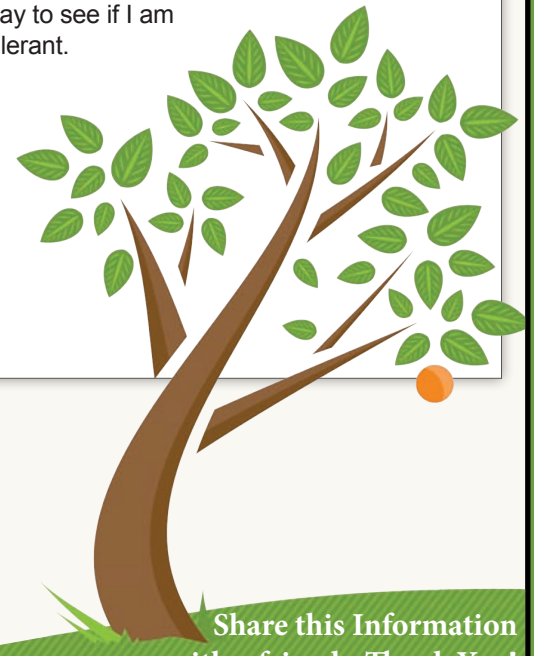
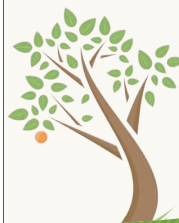
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