

Is it Wheat or is it Gluten?

There is an old commonsense maxim; “Do what you always did, and you will get what you always got”. For a digestive problem it is commonsense to make changes to the foods and liquids taken into the digestive tract to fix it. Please don't eat and drink the same foods and expect a natural remedy or a drug to fix it. Some may bring short term relief but may not address the cause of the problem.

In 1995, I wrote this to a mother whose child was diagnosed as gluten, lactose and soy intolerant and it is as applicable today, even more so, than what it was then.

“Dear Mother, consider this. Your child will thrive on pure food, pure air, pure water, sunlight, earth contact and all things natural. We all do – but for her (as it is for many like her) it is imperative. The world needs more people requiring these elements. The more people who ask for unprocessed foods, original grains, beans and plant foods, clean flesh meats, goods and lifestyle without chemicals and alteration by man, the more these foods without chemicals will become available and so we regenerate: our being and our earth. Your child has led you into these areas of knowledge and understanding. She is a gift. Lesley.”

Many are diagnosed with intolerance to gluten (celiac). Please be assured relief is almost certain when you remove from your diet the glutinous foods: wheat, rye, spelt, oats, Khorasan (Kamut), barley and the processed foods that contain them, You may experience relief from symptoms such as IBS, reflux, indigestion, bowel and bloating problems along with symptoms which may occur in other parts of the body such as bone and joint pain, headaches and fatigue to name a few. Substitution with processed gluten free flour foods which contain similar preservatives, colours and toxins may not be the complete answer. Learn how to avoid processed grains entirely by using gluten free whole grains such as brown rice, millet, buckwheat and quinoa. There are many recipes on the internet and cookbooks with information on how to cook whole grains for nourishing and tasty meals. Know there is a multitude of foods without gluten. Enjoy all red and white meats including fish and poultry, eggs, vegetables and fruit, nuts and seeds and dried beans, legumes and rice, corn, buckwheat, millet, quinoa, amaranth, teas, coffee and water! All gluten free and that's a healthy diet.

Many are not diagnosed as celiac, but still react to wheaten foods. There may be the reason why! Wheaten foods are an avoid food for Blood Types O and A, which make up 85% of the population. The hard wheat that we eat nowadays has a protein content as high as 13%, versus ancient wheat, protein content of about 2%. This increases the allergenic pro-inflammatory portions of the grain. Eating to blood type is foundational guidance for the foods that bring health and vitality. Antigens in the different blood types create antibodies which agglutinate (clump) the blood and because lectins in foods also agglutinate blood according to type, selecting foods to eat by blood type fast tracks your diet to eliminate those foods which may cause allergy or intolerance reactions.

Wheaten flour, which is the base of our daily foods today, not only moves us towards gluten intolerance, but also towards, obesity, diabetes, heart disease, arthritis and depression. You might think “I cannot give up my bread; I just love it so much”. There is another old commonsense maxim: “Nothing is forever”. Why not eliminate all foods containing wheaten flour from your diet for two weeks, and see how you feel? If you find that there is no improvement in your digestive discomfort symptoms, aches and pains, energy and so on, then you can always return to what you were eating. If you have a reaction after eating a certain food, [check your blood type eating lists for what to avoid](#). You may find answers there. Also, it is wise and commonsense to just stop eating the food that irritates to give your digestive system a rest and time to allow healing. Not one food is an essential for life in the multitude of foods available to choose from in our affluent country, so eliminating those which cause distress ought not be a concern.

Healthy grain breads especially sprouted Essene grain bread and spelt, available as sliced breads, pizza bases and pasta, while glutinous, may be digestible for the non-celiac. These are generally available at Health and Organic Food Stores, along with many gluten free healthy options.

Ref: *Ref. Dr. Peter J. D'Adamo., Eat Right 4 Your Type.*
www.mayoclinic.org/diseases-conditions/food-allergy/James

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