

Week 35 (2018)

Only On Aeroplanes

Last week when I boarded a plane to fly here to Spain, the cabin crew announced that there was a child on the flight that was allergic to nuts and therefore they would not be serving anything that contained nuts. They asked passengers to refrain from opening any packets of nuts they may have brought on board.

We know that it is possible to desensitize anyone from this problem, but it does take time and effort to achieve this. Everybody accepts the restriction not to take chances.

Starchy Carbohydrates

We have known since the 1930s that starchy carbohydrates are a cause of epilepsy, yet nothing is done to publicise this both to those that suffer from it or the rest of the population to draw their attention to these unhealthy foods.

The worse thing is that for 60 years, studies have shown that grains and cereals that contain gluten cause Schizophrenia which is entirely ignored by the medical organizations, and governments. This not only affects the sufferers and their families but the broader population too as these sufferers may commit murder when they are having an attack.

My Recent Article

A recent study published in the Lancet Public Health shows that an emphasis on eating a low carb diet of meat, fish, eggs and cheese may cause long-term health problems and even shorten life expectancy.

The study sent out the confusing message that people eating a moderate amount of carbs live longer than those avoiding them. The study is misleading as it suggests that a keto diet is terrible for longevity.

What the study includes but failed to address is that by eliminating all animal products (such as on a vegan keto diet), **longevity actually increases**. A vegan keto diet is actually the best diet one can follow for good health and longevity. (It may also be better for the planet!) The study is just one of many reasons to avoid eating carbohydrate-rich foods. Here are another 20 you might want to consider...

1. Carbohydrates Spike Your Blood Sugar Levels

As carbohydrate rich foods such as bread, pasta and potatoes are high on the glycemic index (a system that ranks foods by the speeds at which their carbohydrates are converted into glucose in the body), this measures the effects of foods on blood sugar levels.

All grains rank highly on the glycemic index. This means they raise blood sugar levels quickly – as opposed to providing a slow and sustained release of sugar. High sugar levels are linked with a multitude of chronic diseases.

2. Causes Inflammation

Eating grains can cause an imbalance of Omega-3s to Omega-6s, leading to inflammation. When inflammation spreads, it can be exacerbated by eating sugars as this contributes to the glycation process. This can damage your artery walls and joints if left to continue over a sustained period of time.

3. Contain Mycotoxins

Grains contain mycotoxins that are produced by certain yeasts and moulds. They grow on a variety of crops including cereals amongst other foods – often under warm and humid conditions. Mycotoxins are linked to numerous diseases and may have both acute and chronic health effects when ingested, inhaled or once it's entered the blood stream.

Some health effects of mycotoxins include death from weakened immune systems and various identifiable diseases or health problems. They can also be harmful to other micro-organisms such as fungi or even bacteria – penicillin for example.

4. Acid-Forming In The Body

The human body is naturally alkaline – and therefore to remain in this state, the majority of our foods should be alkaline-forming. Grains are acid-forming and acidifying to the body, leading to calcium loss in urine, along with an increased risk of osteoporosis. If the body becomes too acidic, this is where acidosis sets in – bringing various health concerns with it.

5. Promote Unfriendly Gut Bacteria

Overeating sugar from excess grain consumption can feed unfriendly bacteria in the intestinal tract. In the right amounts, the bacteria are necessary – but when they are eaten in abundance, this can create illness. Good gut bacteria can regulate the digestive process, while also having other side benefits for mental and emotional health...along with providing support for your general energy levels and wellbeing.

6. Inhibits Vitamin Absorption

When you eat grains, it inhibits your metabolism of Vitamin D, reducing your calcium absorption in the process. Grains also contain Pyridoxine glucosides that can block the absorption of B-vitamins in the intestines, including B6 which is also related to increased levels of homocysteine. High homocysteine levels are associated with various health problems including osteoporosis or bone thinning, atherosclerosis, thrombosis, heart attack, coronary artery disease, heart attacks, and stroke.

7. Inhibits Mineral Absorption

Phytates are antioxidant compounds that are found in whole grains, legumes, nuts and seeds. The main concern with phytates is that they chemically bond to the iron, copper, calcium and zinc within grains. This blocks their absorption during the digestion process. Removing grains can, therefore, eliminate this problem from occurring.

8. Contains Acrylamides

One of the most concerning reasons to avoid grains is that they are high in acrylamides. These are chemical substances formed when starchy foods like bread and potatoes are cooked at high temperatures (above 120°C). When foods are baked, fried, grilled, toasted or roasted...it can have potential health effects that may cause cancer.

9. Contains Enzyme Inhibitors

Eating grains causes enzyme inhibitors to suppress your digestive enzymes needed to digest food and break down its nutrients. This places stress on the pancreas and may also interfere with regular cellular processes.

10. Lectins and Leaky Gut Syndrome

Grains contains lectins – indigestible proteins. These aren't absorbed by the body. Rather, these proteins attach to cells in the intestines and increase their intestinal permeability. This allows partially undigested food proteins and undesirable bacteria to enter the bloodstream. This is known as leaky gut syndrome. Once a leaky gut confuses the immune system, it can cause the body to attack its own tissues.

11. Celiac Disease

An autoimmune disease that affects the small intestine, Celiac Disease can be triggered by eating too many grains early on in life. It can also be caused by a traumatic event that creates stress within the body. Celiac disease can cause distress to the immune system and can also be life-threatening. The only "cure" for celiac disease is to avoid gluten completely.

12. Hashimoto's Disease

This is an autoimmune disease that affects the thyroid. Symptoms can include slow or non-production of essential hormones in the body, resulting in weight gain, dry skin, fatigue, hair loss, constipation and cold sensitivity. Clinical evidence has shown that following a grain-free or gluten-free diet can help some people with Hashimoto's.

13. Autism

People who have autism may see significant improvements by avoiding grains. Proteins found in grains can increase inflammation once ingested. This causes the body to create antibodies to gluten which can fire up and cause inflammation in the brain. Gluten in particular seems to have a negative effect on the function of the cerebellum. People with Autism Spectrum Disorder (Autism) often experience decreased functioning of the cerebellum. Consuming gluten only makes this much worse.

14. Schizophrenia

Removing gluten-containing grains from your diet may decrease schizophrenic episodes. Gluten can have opioid effects that are responsible for gastrointestinal symptoms but also have an impact on emotional health too. Studies suggest that gluten sensitivity may be associated with neurologic and psychiatric manifestations. One study even identified the prevalence of gluten-related antibodies in people with schizophrenia. Using blood samples from the Clinical Antipsychotic Trials of Intervention Effectiveness (CATIE) it was found that 5.5% of the sample with schizophrenia had a high level of anti-tTG antibodies (compared to 1.1% of the good control sample). This group also showed a rate of 23.1% (age-adjusted) having AGA (compared to 3.1% of the comparison sample) (Cascella et al., 2011), but not having anti-tTG antibodies.

15. Provides No Calcium

Grains don't contain any calcium – they form an insoluble complex with calcium. They also contain high phosphorus levels and this can lead to a low calcium/phosphorus ratio. High phosphorus levels can speed up bone loss. Anti-nutrients are chemicals that can prevent mineral and nutrient absorption. This can also damage the gastrointestinal tract and affect the way the immune system functions.

16. Poor Source of Vitamins

The health benefits of grains are overstated. They actually contain no Vitamin B12 or C – only containing trace amounts of folate and biotin, another B vitamin. Vitamin C is most commonly found in fruits and vegetables, providing powerful antioxidant benefits. When levels of B12 and folate are low, this can lead to increased levels of the amino acid homocysteine, therefore increasing heart disease risk.

17. A Misleading Source Of Fiber Content

Fruits contain twice as much fiber as grains. Non-starchy vegetables supply 8 times more fiber. Soluble sources of fiber can promote a healthy digestive system and make bowel movements easier to pass. A high-fiber diet can reduce your risk of diabetes and heart disease risk. It can also help with weight management.

18. Glutinous Proteins

Grains contain glutinous proteins that are responsible for a wide range of health issues including food allergies, intolerances, sensitivities, along with celiac disease and lung diseases. Food allergies are defined as adverse reactions within the immune system to food proteins.

19. Dermatitis Herpetiformis

This is the skin form of celiac disease that causes an itchy skin rash. It's an autoimmune reaction to consuming gluten and occurs in up to 25% of people with celiac disease. Following a gluten-free or grain-free diet can prevent the rashes from flaring up.

20. Displaces Other Nutrient Dense Foods

Eating a wide variety of fruits and vegetables can give you all of the vitamins, minerals, antioxidants and phytochemicals necessary for good health. All of these nutrients are lacking in grains. Avoiding grains can eliminate these problems.

Choose A Keto Vegan Diet For Good Health

Following a keto-vegan diet is the solution for best health and longevity. The meta-analysis of keto diets clearly shows:

1. A so-called 'balanced diet' high in carbs had the worst outcome for longevity.
2. A Keto diet high in animal fats had the next worst outcome for longevity.
3. A so-called balanced diet low in carbs had the next worst outcome.
4. A Vegan Keto diet had the best outcome for longevity.

Eating a Keto-vegan diet rich in up to 30 different kinds of plant foods, nuts, seed, pulses and healthy fats such as olive oil and coconut oil etc is the healthiest.

These foods can be grown in LED soilless cultivation tunnels on a 24/7/365 basis. They can grow in any climate with the minimum of water and the rest harvested from trees.

In doing this, we can now turn the planet over to regrowing the trillions of trees we have cut down in the past 10,000 years. This will rebalance the climate better than any tax on carbon.

If you do eat carbs, but want still want to protect your health, it's highly recommended to take a Cinnamon Formulation as this can blood sugar levels (See the below recommendation for best results).

Recommended Example

[Cinnamon27™](#)– Designed to support blood sugar levels, Cinnamon has been shown in studies to stimulate insulin receptors and block the enzyme that interrupts them. Cinnamon27™ is a blend of six proven extracts including Cinnamon bark extract (made from Ceylon), Gymnema Sylvestre extract, Bitter Melon extract, Fenugreek seed extract, Coral Minerals, American Ginseng Root extract and Nopal Cactus (prickly pear) extract.



Remember

Sugar and starchy carbohydrates are addictive and will one day be recognised as the prime cause of all diseases. The soon you can give them up the sooner you and your family can look forward to a future free from cancer, heart disease, lung disease, Alzheimer's and other serious diseases.