Gluten

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"Gluten" is a Latin word for glue and is a protein from wheat and other grains. Humans have been on the planet for about two million years. Only about ten to fifteen thousand years ago did humans begin to eat gluten grains. This is only one half of one percent of the history of humans. Carbon dating studies have found that heart disease in humans began with eating gluten grains.

The gluten grains are many and include wheat, rye, oats, barley, etc. The most common symptom of eating gluten grains is bloating, gas, weight gain and intestinal (celiac) disease.

"Celiac" is a Greek word meaning belly. In medicine it means relative to the abdominal region of the body. The disease is intestinal malabsorption characterized by diarrhea, malnutrition and a bleeding tendency. In some the diarrhea is interspersed with constipation.

"Many foods are gluten free and some of these are including rice, potatoes, corn and buckwheat"

Our bone marrow manufactures many of the cells in the blood stream. The blood, through good circulation, nourishes and clears toxins from our tissues. One of these cells, the red blood cells, carries oxygen to the tissue and removes the waste material carbon dioxide to carry it back to the lungs for excretion. The red blood cells are like fuzzy tennis balls. The stem cells in the bone marrow produce twenty billion red blood cells per day. After about 90-120 days these red blood cells shrink with age and pass out of the blood stream into the large intestine for elimination. This gives our stool added immune function and appears as the dark color pigment, of the stool. The passing of old blood is similar to a size mechanism like a spaghetti strainer. The passing of old blood leaves room in the circulating blood for fresh new blood that is young and carries oxygen better than the old cells. At the tissue area the arteries become very tiny and a capillary network penetrates deep into the remote tissues. These capillary networks are deep in the tissues of the heart, kidneys, liver, brain, tendons and muscles.

When we eat gluten grains we absorb the gluten into the blood stream. Here it acts like the glue that it is and it sticks our fuzzy tennis ball like red blood cells together. The area that is stuck together cannot carry oxygen. Less oxygen and carbon dioxide are transported and they are less able to do their job even when they are fresh and young. As time progresses they become old and shrink but being clumped together are unable to pass into the intestine for elimination. The old blood accumulates in the arteries and there is no room for new young ones. This will show up in lab reports as irregular shapes and deformities of red blood cells. We become anaemic and feel tired. Iron accumulates in the blood stream because the bone marrow has nowhere to put new young red blood cells. Taking more iron doesn't work. We remain anaemic and tired.

When the clumped blood tries to enter the capillary network they are too big and clog the area. Tiny areas of our tissues starve for oxygen and they die. We experience cold hands and feet and sometimes numbness at the ends of our fingers or toes as the nerves become starved for oxygen. On a larger scale we develop blood clots that float around to clog larger arteries and we experience strokes and heart attacks.

A large cell in the bone marrow is pushed through the spaces in the bone to shave off fragments to form platelets. The body uses platelets to plug up any leakage or rupture of the arterial system. This is how our blood coagulates and we are able to stop bleeding. The number of platelets and their stickiness is controllable by the body. The body is not able to control the stickiness of gluten and struggles to control blood clotting and over clotting. Over clotting is found with strokes and heart attacks. The body responds by reducing platelets in the blood and we experience an increase in bruising and bleeding disorders, as in celiac disease, where there is blood in the stool.

" We experience joint pain and swelling which often leads to joint replacement surgery. All the while the gluten in the intestine is giving us malnutrition and a loss of energy. "

The outer husk of the grain contains an enzyme that inhibits digestion. This is a protective measure for the seed to discourage a bug from eating it. This outer husk is included with the gluten as whole grain, such as whole wheat. Eating whole wheat further causes our intestine to be unable to function with nutrition. The digestive process can be somewhat improved by taking the outer husk away as is the case in white flour. Digestion is furthered by fermenting the grain with nutritional (bakers) yeast.

The gluten's stickiness can be reduced by ingesting wine or vinegar at the same time. This is why we often eat a pickle (vinegar) with a sandwich or a glass of wine with bread. Some dunk the bread in olive oil and balsamic vinegar. The fat of the oil or butter keeps the gluten in the stomach acids longer and helps to break up the gluten. The French have the second lowest death rate from heart disease and they learned how to eat bread. White, unbleached, leavened with yeast, include butter or cheese and consume with wine. Whole wheat muffins are not leavened with yeast and cause life threatening health problems as are common in North America with the low fat diets.

Over time the gluten begins to collect along the arterial walls and sticks calcium to it causing a very hard arterial plague. This also robs the bones of calcium. Supplementing calcium worsens the problem and we develop high blood pressure. In the joints the gluten sticks particles of calcium in what is normally a flexible and smooth surface.

If you have a health issue that is bothering you it may be worth avoiding all gluten until you are well again. Gluten grains and absorptive diseases are associated with cancer, auto-immune diseases, chronic pain syndromes, psychiatric and other brain disorders, night blindness, diabetes, lupus, infertility and premature death. There are also clear casual connections with osteoporosis, epilepsy, learning disorders, attention deficit disorders, miscarriage, premature births, chronic liver disease and short stature.

Reference

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