

Dear Dr. Van Beveren:

We are triplets. And we are sick more often than we should be. You have told our mom to quit giving us grains for a while and we're wondering - why? We thought grains were good for us? Why do all the books tell us to eat them?

P, A & D. B

Dear children:

You must remember **physical** food, at least, is always a compromise. Everything that enters our digestive tract is in some ways good or bad. There is no template for the quality of water our ancestors drank and we haven't the foggiest idea which (foods) caused their ailments. The difference in how our body, mind and spirit overpowers what we consume daily...and ultimately use in the production of building material and energy - lies less in the food itself than in you.

Having said that it is good to reduce grains in general, it is very good never to eat gluten - but it is much better to delete grains (originally eaten more by animals than by humans) altogether. There are no primates close to human beings that eat grain. In time you will see where you fit and how much you can tolerate and what grains give you what kind of symptoms. Most grains just keep one overweight - not by caloric overwhelm, or even by the acids they insidiously distribute but - by the hormonal structures they distort. Grass and grain eaters are all very large and have large digestive systems - sometimes needing as many as four stomachs. To carefully observe your-self takes experimentation and introspection. Shared introspection results in intimacy - reducing violence and wars. Not a bad deal!

What I am going to say now is not popular opinion but it IS the truth. As a bona-fide grain addict I have to speak against myself and let you know that grains are not all they are cracked up to be. You will find there are many people, government agencies, food companies and even researchers who deny the truth because our economy and land use is increasingly being abused by grain.

Gluten is a pesticide. Gluten is an ancient form of protection that some grasses use(d) for millions of years to "agglutinate" the digestive tracts of insects in order to stave off extinction - sometimes by locust clouds so large that they could darken the sky for hours or even days at a time. Gluten served its purpose as grasses are obviously here to stay. People who eat grasses and grains sometimes get so fat they are often referred to as gluttons - another derivation of those partial to the swallowing (gluta, gulp down - throat) of pasta - paste or glue. Because these refined starches are so incredibly bland they are often eaten with a variety of flavorful, heated fats increasing the sense of satiety - and many of the modern, chronic **debilitating**, often lethal, diseases.

In fact, grains fibers should rightfully be considered a human health hazard. Humans have very delicate digestive systems (observe the people with digestive problems - nine out of ten) - that must be fed foods from which we evolved. What humans require is soft, soluble fiber found only in fruits and tender vegetables - that taste good from the

moment they are safely gathered. But ever since man decided to leave the tribe and claim a piece of land all for himself, the ability to gather grains grow, refine, cook or bake them has insidiously reduced us to the lower herd animals. Along with corporate agriculture we have acquired a herd mentality.

There was a time in history when "flour" was actually much more "grainy" and breads were considerably "heavier". This meant that the surface area of each individual grain was much less than seen today - the individual granules were many times larger - bread was coarser. Today, finely-honed by fast and modern **metallic** machinery, flour significantly increased its surface measurements - making it much finer and more likely to transgress the digestive borders than before - especially in an already "leaky gut" - allowing it to go into spaces for which it was never designed. Have you ever tried to eat a spoonful of white flour? It will now act more like a sugary glue than grain - making hypoglycemia with a morning hangover much more likely - especially during inactivity when sitting down at a desk making a futile attempt to concentrate. It is no wonder that more and more of our children who are foggy and suffer from temporary sedation feel short-changed by our society.

In addition, grain fiber is coarse and sharp, like finely ground glass - we refer to it as non-soluble fiber. It was much easier to digest when made by rough stone mills, instead, for the last few hundred years, it has acted as a more effective irritant and mineral "chelator". Irritation of the intestinal mucosa is considered a risk factor in many different conditions such as ulcers, diverticulosis, spastic colon, Crohn's, colitis, irritable bowel and colon cancer. This is not to say that most of us can't eat grains in moderation but the vast majority of people in the United States eat much more "grain" (finely powdered flour) than vegetables, fruits, nuts and seeds combined.

The presence of non-soluble fiber in the intestinal tract causes food to move thru the bowels more rapidly than designed by Nature - thereby reducing the rate of mineral absorption - another facet of calcium loss. Faced with this problem different people have different compensatory mechanisms but constipation is not an uncommon phenomenon in this uptight, adrenal-driven, society. Coupled with the irritating quality of non-soluble fiber, this rapid movement of foods leads to malabsorption syndrome, nutritional deficiencies and overall loss of health.

In the production of refined flour, bran is left over and this waste product is sold, at an over-inflated price I might add, as if it were a healthy food. Refined flours' economic advantages are that it's easy to store in times of fire, flood, famine, drought, siege, pestilence, crop failure, etc. Here, a little goes a long way - hence bread is called the "staff of life" - a left-over "crutch" from when the Biblical Joseph greeted his brothers in the land of Egypt and sent them back with easily stored grains - because they could be. Emmet Densmore **referred** to it as the "staff of death" because, even when eaten in moderation, it significantly reduces the most hard working and most important mineral in our body: calcium.

How can we take the fiber out of fruits and vegetables, herbs or beans to make juices or powder in the belief that this is healthful (and it is!) yet add fiber to our breakfast cereals in the belief that this, too, is healthful (and it is!)? Concentration by removing the fiber and water should be seen not merely as a **coming** to terms but also as a consequence of our past indiscretions. Concentration and juicing should be considered a necessary method for the prevention of mal-nutrition, mal-absorption and mal-assimilation. And....it should be viewed as a much-needed compromise.

Remember that in an orchard of ripe fruit, you could eat to your hearts content and live forever. **Addiction**, guilt, overeating, obesity - are not words usually associated with fruit. In a field of ripe wheat kernels you would soon starve to death only because they require processing just to become edible. Grains claim to fame is its storability - in fact that is the reason it was gathered and made into acres of waving amber. But this same feature completely nullifies your opportunity of ever eating it fresh. At best your grain was harvested last autumn, but the milled flour may be years old before it is finally used. To prevent infestation problems with insects, rodent and molds, farmers resort to an array of toxic chemicals, preservatives and refinements. In school my teachers called white bread worthless "window cleaner" and claimed there was more nutrition in the paper wrapping than in the bread itself.

Natural foods taste good just as they come from Nature. At best raw grain, a food for animals with the ability or enough stomachs to digest it, tastes unpleasant and bitter to humans - even when they are sprouted. In the field they are inedible and sometimes poisonous (remember the Salem witch trials thought to have started from ergotism due to grains?) and pasta eaten in the evening often gives one a powerful early morning hang-over - only to be stifled with more grains.

They certainly contribute to alcohol fermentation and gas - which results in bloating. Bloating increases the spatial relationship between the digestive nerve-endings that record satiety in the brain. And so bloating contributes to overeating. The dependency soon becomes an addiction so powerful that people will literally give up sugar long before they will give up grains. When was the last time you met someone refusing to give up fruits? Addiction, guilt or overeating is seldom associated with its consumption where as pasta, breads, pretzels and pizzas is difficult if not impossible to give up.

A grain & legume based diet high in phytates (which binds calcium, greatly facilitating their excretion) contributes to widespread mineral deficiencies in 3rd world countries. I saw that first hand in India where rice (the best and often freshest of the grasses) and beans make it more difficult for people to think ahead. And how often do you see a quick starvation transmuted into a slow-disease-ridden death because of cheap, white-grain slop ignorant religious fanatics carefully measured out into each big-bellied youngsters' little wooden bowl?

When grains are consumed by children before the molars surface to the gums - they will inevitably be more sensitive - sometimes even highly allergic - to grains than those children with parents who feed them soft fibers without glutenous material. This

process normally takes about eighteen (18) months or more. The "breaking thru" of the molars signal certain digestive enzymes to mature that allow for more thorough and complete mastication, digestion and absorption of tougher material. Given glutenous grains or grasses before that time usually results in the production of much mucous sometimes culminating in the placement of ear tubes until the Eustachian tubes naturally assume a wider diameter. There have always been cultures that, for one reason or another, managed to live without grasses and grains. Polynesian and Hawaiian Islanders - for example - never used grains and grasses and we always remark on their beauty, vitality, zest and vigorous, robust health.

There is not one animal in Nature close to our anatomy, physiology and biochemistry that consumes grains. Our closest cousins, the primates, eat only a diet of fruit, vegetables, sprouts, nuts and seeds – with a very occasional bird or small monkey thrown in for good protein measure. I believe it is only because their territory is shrinking by the minute. Besides, there is no scientific basis for eating cooked foods - and grains must always be cooked, fried or baked – three times a day. The lesson in grasses and grains: let Nature be. I hope this helps.

Warmly,
Dr. Van Beveren

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