

Acknowledged copying is allowed & quoting is encouraged.

The TV1 presentation on 'Wheat' at 7 pm on 14 October 2012 gave proof of its problems, but nowhere near as much as are in this chapter.

I like to have solutions and alternatives. Coconut Flour not only provides a gluten-free alternative to wheat and other flours but contains the highest percentage of dietary fibre! You'll love the delicious flavour of this health-promoting product.

Emails from those with allergic or digestive issues to wheat in the United States experienced no symptoms whatsoever when they tried eating pasta on vacation in Italy. Confused parents wonder why wheat consumption sometimes trigger autoimmune reactions in their children, but not at other times. In our home, I've long pondered why my husband can eat the wheat I prepare at home, but experiences negative digestive effects eating even a single roll in a restaurant. There is clearly something going on with wheat that is not well known by the general public. It goes beyond organic versus nonorganic, gluten or hybridisation, because even conventional wheat triggers no symptoms for some who eat wheat in other parts of the world.

USA's Dr. Mercola, who is possibly the world's most knowledgeable doctor, wrote on 28 April 2013 -

"Australia's Commonwealth Scientific and Industrial Research Organisation (CSIRO) has developed a type of genetically modified (GM) wheat that may silence human genes, leading to disastrous health consequences.

"Last year, University of Canterbury, New Zealand, Professor Jack Heinemann released results from genetic research he conducted on the wheat, which showed with "no doubt" that molecules created in the wheat, which are intended to silence wheat genes to change its carbohydrate content, may match human genes and potentially silence them.

"University Professor Judy Carman agreed with Heinemann's analysis, stating in Digital Journal:1 "If this silences the same gene in us that it silences in the wheat -- well, children who are born with this enzyme not working would tend to die by the age of about five."

"Heinemann reported that his research revealed over 770 pages of potential matches between two GM genes in the wheat and the human genome. Over a dozen matches were "extensive and identical and sufficient to cause silencing in experimental systems," he said.

"Experts warned that eating this wheat could lead to significant changes in the way glucose and carbohydrates are stored in the human body, which could be potentially deadly for children and lead to serious illness in adults.

"Since this adverse effect is extremely plausible, long-term studies are needed before the it is released into the environment and the human food chain – but a new review states that the risks are not being adequately assessed."

#### **On 17 June 2013 Dr Mercola wrote -**

"An unapproved strain of genetically engineered (GE) wheat has been found growing on a farm in Oregon. The finding now threatens US wheat exports as many countries do not permit the importation of GE wheat.

"Japan has cancelled orders for US wheat in response to the findings. Other major wheat importers are monitoring the situation, and the EU has ordered member states to test imported wheat for contamination.

"The House Agricultural Committee will soon vote on an amendment that would lend support to a potential nullification of states' rights to label GMOs. Urgent action is needed!"

End

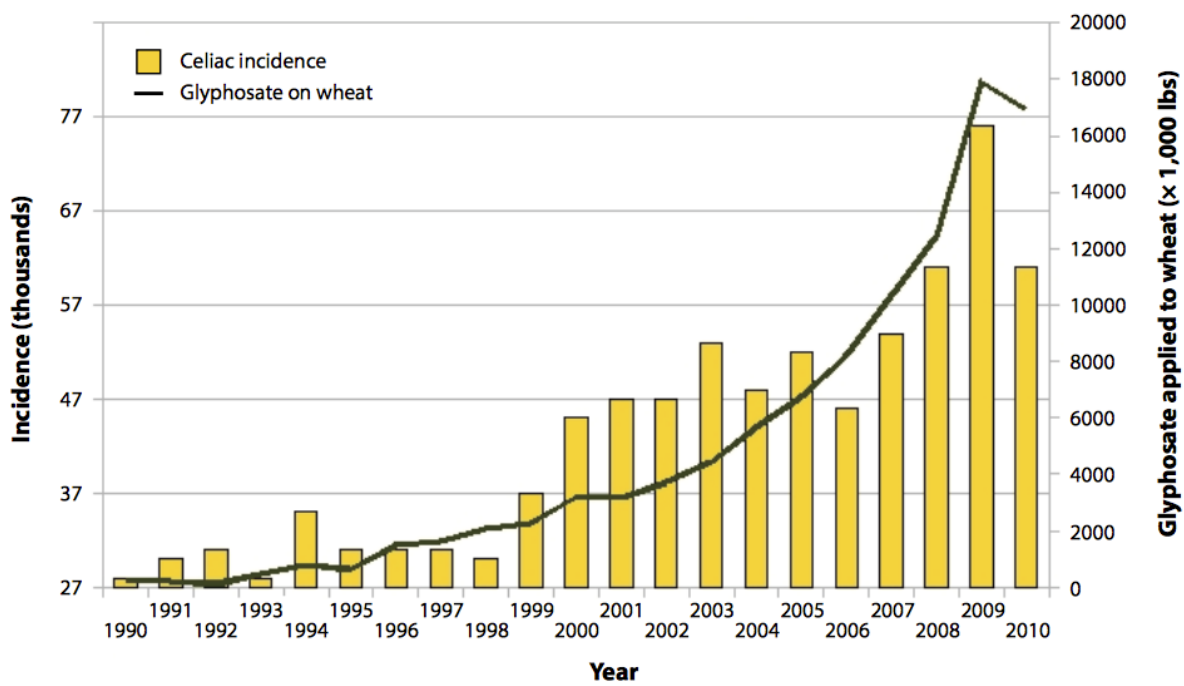
#### **Obesity—A Threat to Your Life that Dwarfs Any Terrorist Act."**

No race horse owner would feed wheat, poultry hens lay fewer eggs, racing pigeons don't make it home because, I've been told, that wheat's fat builds up over their hearts.

Wheat is the most fattening grain there is, possibly aggravated by the USA having modified it half

a century ago and since then to increase its protein (called gluten) level before the term ‘genetically’ was used. The modifying was done to try to prevent it fattening people, but ‘observation’ which is more reliable than many scientists’ figures, shows that it didn’t work. Italians eat pasta galore (made from wheat) and become the largest (especially the women) when older. My late brother noticed this during the last world war when he fought through Italy, and advised against marrying them for that reason. Racing pigeons fed more than 4% of wheat don’t always make it home. Protein makes muscle. Pigeons need plenty of peas for protein and maize grain for more solid energy. In a long race of 1,000 km pigeons can lose up to half their weight by the time they arrive home ‘on the day’, from Dunedin to our home in Hamilton by 9 pm in summer. If after homing they are fed protein in peas, beans with a little variety of other grains like maize, and linseed for sheen, they regain their weight in two days. Race horses are fed oats which is what I used to eat as porridge and flapjack biscuits (cookies), but not now because it is repeatedly polluted from wheat. I’m allergic to gluten. I now eat organic sorghum porridge, and only home grown or organic fruits and vegetables or no-sprayed ones. Sorghum has a higher feed value than maize, one reason being that it is grown in drier areas that are not leached with high rainfalls. People and cows in the NZ West Coast’s high rainfall (double and triple the NZ average) are not as healthy in their leached soils as those living in the Gisborne area where soils are better from a lower rainfall.

Gluten (wheat protein) adversely affects 5% of people in Australia, 8% in the UK, 50% in Italy and 25% of dozens I’ve checked in New Zealand (using muscle testing which is highly accurate). Most gluten sufferers don’t know the cause of their health problems and that they are allergic to gluten and/or Roundup (Glyphosate) which is sprayed on wheat before harvesting it to dry it out to allow earlier harvesting and to reduce drying costs after harvesting. Read Glyphosate. Many dogs and cats suffer from eating wheat, but again their owners don’t know it. Some also suffer dreadfully after eating macadamia nuts, which we loved, but don’t eat now because of their high mercury content, to which I’m very allergic. Waikato organic grown ones have less mercury than in USA, including Hawaii, possibly because we have fewer discarded circuit boards in electronic equipment, and almost no oil burning which drops mercury (and sulphur). Everyone should read Human Health > Gluten Intolerance, because a quarter of New Zealanders are likely to be affected by gluten in one or more of the ways listed in it. I had increased weight to 75 kg, mostly around the middle, then after no wheat, lost it down to 60 kg, mostly off the middle, which is too light, so I stopped eating delicious mangoes which is known by very few, to help lose fat. My waist decreased from protruding round to straight, which friends admired with surprise. It was helped by lifting my knees and legs and moving feet up and down until out of breath, several times a day while at the computer. It has increased to 65 kg with which I’m happy. The brain is 25% fat, so I don’t want to reduce it there. Read Food > Fat.



**Figure 1.** Hospital discharge diagnosis (any) of celiac disease ICD-9 579 and glyphosate applications to wheat ( $R=0.9759$ ,  $p \leq 1.862e-06$ ). Sources: USDA:NASS; CDC. (Figure courtesy of Nancy Swanson).

The graphs above shows that the increased incidence of gluten could actually be from glyphosate (the black line) so people becoming unwell from it. Glyphosate affects me dreadfully, but my wife not at all.

Some say that oats contains gluten naturally, but that is wrong, however, most oats get gluten from being growing on the same farm as wheat, barley or rye, or becomes polluted in harvesters, trucks, silos and bakeries. Wheat gluten is so powerful that the smallest piece of dust from wheat pollutes oats or anything that can carry it. Knowledgeable bakers know that they can't cook gluten free in the same bakery as wheat, barley or rye.

It's been said that wheat has been selected for flavour as growers do with tobacco, alcohol, fruits and vegetables. The result is that wheat can become addictive. Lots of countries outside of Western ones have less obesity and live longer, partly because they eat more variety, more slowly, and treat meals as social occasions, so Michael Pollan in his excellent book "In Defence of Food", wrote that they eat more slowly so the food has time to indicate to the body that it has had enough, so they stop eating. Guzzling on the move has the opposite results. He recommended eating organic and wrote about obesity. He recommended eating more leaves and less grain for improved health as it does in ruminants and some others, but how much greens do poultry, pigs, Northern Hemisphere confined dairy cows and feedlot beef get? Perhaps lucerne meal, or perhaps none. Pasture fed animals are healthier and produce much more health giving food and Conjugated linoleic acid (CLA). See [www.eatwild.com](http://www.eatwild.com)

Pollan pointed out that trans-fat margarine claimed that it was healthier than the food it replaced, but it gave people heart attacks. Corn (maize) oil has boasted that it has plenty of Omega-6, but Americans already get too much of it, when they really need more Omega-3 in krill or surface swimming fish, not deep swimming ones. He pointed out the unreliability of some USA FDA statements, but this is the same in many countries where what is good today, is bad tomorrow and visa versa. My mother 70 years ago, fed us and recommended variety, a little of each, with no excesses. Today some live on wheat bread, buns, burghers with not much filling. Read the Human Health chapters for more on 'foods'. On Google someone wrote, "When I mentioned to my doctor that I had no problem eating wheat foods in Italy, he said that it may be because the wheat outside of the US is typically less genetically modified." Another Google item had, "Wheat is a perfect, chronic poison." Google for 'Gluten in USA modified wheat' and you'll be amazed. My chapter on Gluten tells a lot more about this dangerous cause of "Celiac Disease" and glyphosate (Roundup) in wheat, sugarcane and sugar beet.

Vaughan Jones, ONZM Queen's honour 2013, for services to the farming industry.

Dairying 99% Honours 1948. Waikato Most Improved Dairy Farm Award 1959. M.Mkt.I.

International Agricultural Consultant, Journalist, Author of GrazingInfo eBook of 300 chapters.

Currently Managing Director of GrazingInfo Ltd.