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Obesity Surpasses Smoking in Terms of Ill Health Effects - The Wheat Issue

Can you believe it? Yes, obesity has surpassed smoking in terms of health problems. According to Dr. Mercola, "This may come as a surprise to some, but data collected from over 60,000 Canadians show that obesity leads to more doctor visits than smoking."

The idea that being overweight can be worse for your health than smoking is likely to make many balk, considering how "normal" it has become to carry around extra pounds, but in terms of overall health effects and subsequent health care costs, it's likely true."

Further, according to the [May 31st article by reporter Jim Angle of Fox News](#), "If you smoke or you're overweight, have high cholesterol or high blood pressure, you could be forced to pay a lot more for health insurance, according to new regulations just issued by the Obama administration."

Are you, a family member or a close friend struggling with how to lose your stomach bulge to no avail? Do you skip going to the beach or the gym because you are embarrassed and don't want to be seen? Are you more lethargic and less energetic? Are you sitting on the couch, once again, watching those mind stimulating TV programs as you gorge yourself with more chips and cookies? Do you frequent fast food, gourmet dining spots instead of enjoying a home cooked meal with real vegetables and fruits or grass-fed beef? Stop. If that is you, you are not alone and there still is hope.

As mentioned in our May article, [two-thirds \(66%\) of U.S. adults are overweight or obese](#) (Flegal et al., 2012) and [one-third \(33%\) of children ages 2 to 19 are overweight or obese](#). Further, according to a 2008 article by Dr. Mercola, there are at least [20 different diseases and conditions that are directly attributable to being overweight](#), including diabetes, cancer, erectile dysfunction, gallbladder disease, congestive heart failure, pulmonary embolism, gastro-esophageal reflux disease, stroke, depression and more. Also, a [2009 study by the US Centers for Disease Control and Prevention \(CDC\)](#), based on figures from 2006, the direct and indirect cost of obesity is around \$147 billion annually, or just over nine percent of all medical spending in the US. Clearly, since then things have only gotten worse.

If you are having weight difficulties, do you really want to pay more in insurance premiums? Do you really want to put yourself at risk for other, serious health conditions? If you knew what to do, would you make the changes necessary to take off those unwanted pounds, improve your health and increase your energy? Would you support a loved one and make the necessary dietary changes for the whole family?

If your answer is a resounding yes, then read on and don't despair as you can shed pounds, feel better about yourself and improve your overall health. If you aren't interested, hang it up now, this article ain't for you as you will hear things contrary to what you have been taught and told.

If you are still reading this, **Stop Eating Wheat...now**. Yes, stop eating bread, cereals, rice, pasta and crackers folks! They aren't the wholesome foods the "MyPyramid" and "MyPlate" governmental programs would like you to believe. And yes, wheat is big business to those chemical food companies so it isn't going away. And even if weight isn't your issue, keeping wheat as part of your diet can and will make you sick.



We know, you "wise guys" out there, might tell us wheat comes from nature so it must be good for you. True enough...things from nature, unaltered, are generally good for you. The problem, for you "wise guys" is the wheat you are eating doesn't resemble anything in nature. It has been hybridized, crushed and separated, heat treated, genetically modified and chemically altered and sprayed with who knows what. I don't know how we possibly still call this stuff wheat 'cuz what is left doesn't resemble any god given food on this planet or any other planet for that matter...it is no longer wheat, it is no longer a food...it is a poison.

"What?" you might ask, "Why would our government allow such a thing to happen?" But for those of you "in the know", "Does it surprise you when chemical companies, that are now making our food and are working hand in hand with governmental agencies, are raking in billions? Naw...why would they want to control our food supply for money, or umm...why would they contribute to our getting sick?"

And we say people have gluten allergies. Right? Wrong folks. People aren't allergic to gluten, they are allergic to the chemicals used to refine and process wheat and the chemicals used to keep bugs away. But they have marketed gluten allergies as a real thing, versus providing you with real wheat again 'cuz chemically altered wheat is big business and "gluten free" processed food is big business too...so bingo...they now have two lucrative markets to sell you...fake wheat and "gluten free" foods! Don't buy into this folks...insist on real food again, for your health and the health of your family. And don't buy wheat products unless you simply are a masochist and want to help make them rich at your expense...

Now don't drop out on me, I will educate you on what is happening. Just stay tuned for a little while longer...

Anyway, In Part I of the Obesity Health Series we told you about Obesogens, those toxic chemicals that just might be contributing to some of those extra pounds you or a loved one have acquired. Part 2, if you haven't figured it out yet, will focus on what most Americans feel is an important part of their daily nutrition, Wheat. Yeah, you go it right, Wheat and grains. Except we are going to tell you not to eat them 'cuz those grains have been chemically altered, convert to unhealthy sugars and make us sick.

Most of us were taught kids need at least 6 servings of grains per day and adults need at least 9 servings of grains per day (compared to only 3 servings of vegetables and 2 servings of fruits). Remember the Old Food Pyramid? Well that is exactly what the "MyPyramid", administered by our government, taught. In 2011, the "MyPlate" was introduced, as an update to the "MyPyramid" and said that grains and proteins should be 50% of one's diet.

Most of you know the old food pyramid featured bread, pasta, cereal, rice and other grains as the predominant food in our diets. But, many experts believe that an increase in wheat consumption and hybridization of wheat are a big contributing factor to the obesity epidemic and related sicknesses. Yours truly agrees.

Why is Wheat so Bad? What Have We Done to Wheat that No Longer Makes it Healthy?

- Wheat is Hybridized, no longer Resembles the Wheat of Nature and has Less Nutrients
- Hybridized Wheat Starch is Worse Than Sugar
- Hybridized Wheat has a Super Gluten
- Hybridized Wheat Contains Morphine Like Substances
- Wheat from Seeds to Storage is Chemically Treated and Heat Processed, Denaturing any of the Nutritional Qualities in Wheat and Rendering it Toxic
- Recently, GMO Wheat was Found on a Farm in Oregon



Hybridization of Wheat Means Higher Yield but Less Nutrients

Modern wheat, which is different from the wheat found as far back as 10,000 to 15,000 B.C., no longer resembles the wheat of our ancestors. Wheat has been hybridized which means it has been crossbred with other grains and species so it has a higher yield. Further, contemporary farming and modern day processing of wheat has contributed to wheat containing fewer nutrients and more carbohydrates. These indiscretions include chemical fertilizers, fungicides and insecticides, pesticides and other chemicals, high heat milling, refining and improper preparation such as extrusion. All of these things degrade the nutritional value of wheat and in fact make it toxic. That is why we have such a high increase in gluten allergies.

It is generally understood that refining any food, destroys its nutritional benefits. For example, with the most nutritious part of the wheat removed (the bran and germ), white flour essentially becomes a form of sugar. Valuable nutrients lost in the refining process include:

- Half of the beneficial unsaturated fatty acids
- 86%+ of Vitamin E
- 50% of Calcium
- 80% of Iron
- 81% of Niacin
- 98% of magnesium
- Up to 80% of B Vitamins
- Many other nutrients to numerous to list

The history of the genetic changes in wheat can actually be connected to the increase in chronic diseases and obesity around the world. The hybridization of wheat has caused changes in the starch, gluten and nutritive properties (or lack thereof) and in turn those changes have also made wheat highly addictive. Worse yet, “modern”, hybridized wheat has little or no health benefits. Folks, if you are rolling your eyes or thinking, “yeah, I don’t buy into this story”, stay with me, that old Food Pyramid that was ramrodded into your head simply doesn’t work.

The Starch in Wheat is Worse than Sugar!

Wheat contains a “super carbohydrate” called amylopectin A, which increases the blood sugar faster than other carbohydrates. Amylopectin A has a molecular structure that causes it to be more easily digest than other more complex starches. Unfortunately for you and your dear loved ones the increase in digestibility of wheat starch means it can raise blood sugar even faster than a chocolate chip cookie, a candy bar or your favorite jelly donut! And that ain’t good folks!

Due to its high amylopectin content, wheat causes not only excess weight gain, but also a whole myriad of other health problems including pre-diabetic and diabetic conditions.

According to the American Journal of Clinical Nutrition participants were either given a diet of 70% amylose or 70% amylopectin. Participants had higher glucose and insulin response after a meal if they were on the amylopectin diet, which is what is in wheat! In terms of obesity, higher insulin levels, if sustained long-term, can lead to an increase of fat storage in the abdominal area. Yeah folks, that means more fat to your belly. So if you want to get rid of that fat in your belly, you need to allow insulin levels to decrease enough in the body so that your body will start burning fat again. And that means changing your lifestyle, changing your diet and getting off the Wheat!

The Protein in “Modern” Wheat is a “Super Gluten” and Linked to Multiple Health Problems

Hybridized wheat has a protein (gluten) that no longer resembles the original protein in nature. It has been modified into a “super gluten” from its original form and the amount of gluten in modern day, hybridized wheat has doubled from the amount of gluten found in wheat originally created by the “Celestial Design Committee”. But A’las, man somehow thinks they can do better than “God” or “Mother Nature”. For those of you out of diapers, you might remember the old margarine commercial that stated; “It isn’t nice to fool Mother Nature” . Yeah folks, it isn’t funny. It isn’t nice to tinker with Mother Nature as man’s creations sure as heck haven’t been better for your health or mine, just the pocket book of a chosen few.

And this tinkering with wheat has been linked to a whole host of health problems including inflammation throughout your body. And if you didn't know, inflammation contributes to weight gain, autoimmune disease, diabetes, digestive issues, brain fog/depression and other chronic diseases. In fact, in the digestive system, gluten can actually damage the gut lining triggering full-body

inflammation and susceptibility to other bacteria or toxic body wastes that leak into or cross the gut barrier. This syndrome is called “leaky gut” and can be a trigger for a variety of illnesses, especially autoimmune diseases.

Wheat Contains Morphine Like Substances

Wheat is digested into short proteins called exorphins. For those of you that get off your arses and run, you might have noticed that sometimes you get a “runners high”. Well that “runners high” comes from the release of endorphins and the exorphins in wheat have a similar effect. In fact, exorphins bind to and stimulate morphine receptors in the brain, making them just as addictive as any other drug. When we eat gluten, the resultant exorphins soothe us and make us feel calmer. This causes us to look for more foods that produce exorphins during stressful times and can then lead to overeating and weight gain. And this happens, because wheat has been hybridized and altered over the years.

What Happens to Wheat From Seed to Storage

The wheat of our ancestors is rare to find. In fact, although there are over 30,000 varieties of wheat, only a few varieties (which have been largely hybridized) account for more than 90% of the wheat grown in the world. Further, due to the indiscretions inflicted by contemporary farming, most wheat is grown in depleted soils, sprayed with pesticides and processed and milled leaving a nutrient depleted grain.



Before seeds are even planted in the ground, they receive an application of toxic fungicides and

insecticides in an attempt to control insects. Once planted, the wheat is sprayed with another round of insecticides, herbicides and fungicides including Monsanto's toxic glyphosate. As the plant matures, hormone-like substances are applied to the wheat to regulate plant germination time and the strength of the stalk. Imagine, we think we can do better than "Mother Nature"! Are we insane? What do you think? Do you think these toxins, which might speed up germination (i.e. faster harvest times), make the food safe for us to eat? Do you think that just perhaps, these toxins might be making us sick? That perhaps these toxins might create inflammation in our guts that might in turn contribute to obesity and other diseases? What do you think?

And once the wheat is picked it is stored in silos. And when wheat sits in a silo for awhile, little bugs and things find their way into the silo. And we don't like bugs do we? So we spray and fumigate the wheat again with more pesticides. Even organic wheat, if sold commercially is sprayed once it is harvested! So much for organic, huh?

Prior to processing wheat it must be dried. Unfortunately, wheat damage is a serious problem that results from the artificial drying of damp grain at high temperatures. Overheating the wheat denatures the protein in the wheat and the nutritional properties.

But it doesn't stop there. Wheat is comprised of three layers: the bran, the germ and the endosperm. The bran is the outer layer with the most fiber and the germ is the inside layer where most of the nutrients and essential fatty acids are found. The endosperm is the middle, starchy layer. These layers must remain intact for high nutrient density, yet in most cases the germ and bran are removed, leaving the starchy endosperm. And the processing to refine and mill the wheat is a faster, hotter process than the old stone grinding methods of yesteryear (for money of course), further depleting the wheat of any nutrition that might remain. And if that isn't enough, the wheat is often chemically bleached or bromated to make it "white". Yeah, you guessed it folks, these chemicals ain't such a good idea unless you are on a suicide mission and want to pour more poisons into your body.

And when the wheat is finally all refined and bleached and nutrient depleted it may be irradiated using either high-speed electron beams or high-energy radiation. Proponents of this technology, and only God knows why they would endorse it, "wrongly claim" that it is for the sake of "food security". And "food security" means to eradicate pests, prevent mold or delay ripening. I don't know folks, but irradiating food isn't about the safety of what you eat, it is about "safety" of their pocket books, making food last longer so they have more time to market it. 'Cuz irradiated food sure ain't good for your health or mine...that much I know. I don't care how fancy the technology sounds, high beam electrons, penetrating my food doesn't sound like a good thing. If it kills bugs, could it quite possibly impact me and the health of my cells? I dunno know....do you?



Some Wheat Has Been Contaminated and is Genetically Modified

Last month Genetically Modified Wheat was found on a farm in Oregon. Dr. Mercola so eloquently stated, "Monsanto has really done it this time."

As recently reported by CNBC and other media outlets, an unapproved strain of genetically engineered (GE) wheat has been found growing on a farm in Oregon. The US Department of Agriculture (USDA) announced the anomaly on May 29.

As it turns out, the [Roundup Ready](#) (i.e. glyphosate-resistant) strain of wheat was developed by Monsanto and field tested in 16 different states between 1998 and 2005." Now wait a minute, isn't Monsanto a chemical company and doesn't Monsanto sell and produce Roundup Ready pesticide? Yep, that's true. And didn't Monsanto

field test wheat that is resistant to the very pesticide they make? Yep, that is true too. So Monsanto, a chemical company, altered seeds and the food grown from those seeds resist the very toxic pesticide they make and sell? Yep... So do you really want a chemical company in the business of food too? Does that make sense to you? Do you think it is about your health, your nutrition or about lining their pocket books?

Plans to bring the genetically modified wheat it to market were abandoned due to opposition against [genetically engineered wheat](#). Many countries importing US wheat do not permit GE ingredients in their food, or require such foods to be labeled. About 50 percent of the wheat grown in the US is exported. Unfortunately, because Monsanto field tested in nature, versus an enclosed, indoor area, the unwanted, genetically modified seeds have spread to unsuspecting farms, like the farm in Oregon. And the finding of illegal GE wheat contamination may dramatically alter this ratio however.

Japan and South Korea, the two largest buyers of soft white wheat grown in Oregon, Washington and Idaho, have suspended wheat purchases. Both countries reject genetically-modified food, and do not want to buy transgenic wheat. For details, [click here](#).

And it is not known how widespread the problem is or can be. So isn't this one more reason not to eat wheat? What do you think?

What Should You Do?

Even if wheat weren't hybridized, do you really still want to eat it after knowing what they do to it? Do you really want to eat all of those fungicides, insecticides and pesticides? Do you really want a food that has been chemically bleached? And a food that has been heat treated, crushed and milled to the point that there is no nutrition left? Really? You still want that bread, hotdog bun, cereal, pasta or rice? Really?

If you have weight issues, diabetes, thyroid issues or autoimmune diseases please, try staying off the wheat for at least a couple of months. You will lose weight, feel better and start reversing disease processes. If you want bread, eat bread made from sprouted grains, like ezeial bread. Skip bread made from wheat. Please. Unless of course you have access to wheat grown from heirloom seeds (not hybridized) and then you buy the whole wheat berry and crush it yourself or sprout the seeds! And we know most of you won't take the time to do that, so just get off the wheat, for at least a couple of months and watch what happens. Adopt a diet of organic, whole foods including fruits, vegetables, seeds and nuts and grass-fed, free range beef, wild caught fish or free range poultry without antibiotics or hormones. You won't be disappointed. And quite possibly you might start looking and feeling better!

Let us know what you think. Email us your comments or send questions to info@retreatquixotica.com.

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