WHY ARE GRAIN SENSITIVIES ON THE RISE?

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By Dr Jennifer Rumancik

My last article was about GMOs and touched on how it might not be the new genetic material causing disease, but rather our current farming practices - high pesticide, herbicide, and fungicide coating food in toxic substances and leaving soils depleted of any nutrients. Corn, soy, and canola are the most sprayed, but I also want to touch on the rest of our grains.

Why are grain food intolerance's / sensitivities on the rise?

The answer to this again is multi-fold, but I am again going to suggest it is associated with our current chemical dependent farming practices. I once attended a scientific lecture given by a researcher from Queens university discussing how durum wheat was bioaccumulating heavy metal cadmium instead of calcium. Plants seem to not be able to tell the difference. Another scientific journal I read showed that if a plant was provided with aluminum and magnesium in the soil it will take up aluminum.

Minerals are competing with heavy metals for uptake into plants and accumulating in the seeds. This is alarming as heavy metals have a similar shape, charge, and properties as our essential minerals, particularly calcium, magnesium, and zinc. No doubt this is why all rice is now found to be contaminated with arsenic and our wheat contaminated with cadmium.

So, no more bread?

Wheat is another topic that has entire books dedicated to it, Wheat Belly is just one that comes to mind; however, there are many more. Some people have to avoid wheat altogether, some can only handle it every once in a while, and some cannot eat north american wheat, but are fine when they go to Italy. Why so much discrepancy?

Seven Reasons to be weary about eating wheat:

1. Based on the soil where wheat was grown in will dictate how much heavy metal it has accumulated.

2. The germ is removed in most wheat and as such the B vitamins, minerals, and nutrients are also removed leaving it nutrient devoid (which is why it needs to be fortified).

3. It has been shown to increase a protein called zonulin, which deposits between the walls of the cells in the gut leaving spaces and allowing proteins to move into the blood stream (a condition called leaky gut. This increases one's risk for an autoimmune condition and is associated with a larger waist circumference and obesity.

4. It can spike blood sugar levels and has a glycemic load the same as glucose.

5. Wheat can sit in grain bins for years before it being sold, increasing risk for contamination to mold and heat.

6. Bread is no longer left to rise the way it used to be traditionally. Now potassium bromate is added to flour (in the United States) to increase its ability to rise quickly. Bromate has being linked to cancer.

7. The Canadian Food Guide was heavily influenced by agriculture, which put more stress and influence on eating grains.

NOTE: wheat, corn, & soy are some of the most heavily sprayed crops, so if you are having a negative reaction to wheat you may also be reacting to non-organic corn, soy, and other grains.

Signs & symptoms you may have a grain intolerance:

- Diarrhea
- Gas
- Bloating and Cramping
- Constipation
- Stomach Pain
- Nausea and Vomiting
- Acid Reflux (GERD)
- Brain Fog
- Fatigue
- Anemia
- Joint and Bone Pain (arthritis)
- Skin Rashes
- Headaches and Migraines
- Unexplained Weight Loss or Gain

What testing is available?

<u>Hair Nutrient Analysis:</u>
My first recommendation would be to do a hair nutrient analysis. This involves measuring minerals and heavy metal content in the hair shaft, representative of the past 3 months. It is a simple test involving cutting new hair growth (the 3cm's closest to the scalp or using pubic hair) and sending it off to the lab. This gives a great starting point to determine if one is getting enough minerals and what heavy metals they are exposed to daily.

<u>Food allergy testing:</u>
Secondly, I would run a food allergy test to determine if one is reactive to any of these grains. It is a simple blood test and can be done in office where results generally come back within a week or two.

<u>Celiac testing:</u>
Next, based on severity of symptoms and family history I would recommend doing a Celiac test. Some Doctors say only 1% of the population is suspected to have celiac, which I suspect is higher. Nonetheless even 1% or 1/100 people is quite high. Based on this statistic we should expect ~ 6000 people living in Vancouver to have Celiac disease. The reason it is likely higher is because part of a diagnosis requires detecting an IgA antibody called IgA tissue transglutaminase antigen. However, 1/500 in Canada are

suspected to have an IgA deficiency and will not show a positive result. Thus, it is good to test for an IgA deficiency along with both IgA and IgG gluten sensitivities.

Note: ~50% of people with celiac disease will not show any symptoms, but will still be suffering. In celiac disease the villi in the intestine become destroyed and will not absorb nutrients; so, over time numerous health concerns will arise.

Additional thoughts:

Want a cheaper way, although much more difficult, to determine if you have an intolerance to different grains? Simply get rid of grains all together for a few weeks and see how you feel. If you still feel lousy then let's look at a different food, or at your toxic load, especially heavy metals. However, if you are feeling better then continue eating like this for about three months then slowly bring back each grain, one at a time monitoring your symptoms - you are your best doctor and it may just be a matter of listening to your body more closely.

Keep in mind I am not recommending to never eat grains - grains are a great source of fiber, minerals, and vitamins when grown in healthy soils. So, try to buy organic and try "safe" grains, such as quinoa, buckwheat, and millet - these are grains I hear less complaints about and come up much less on food allergy tests - they are also quite delicious!

If you have any questions let me know – thank you for reading!

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