

Grains Ain't what they used to be

Lets talk about American Grains Keeping in mind that ALL carbs have an affect on blood glucose, and will cause Insulin to rise. The entire reason for doing this is to control the insulin response, and make your body run on fats. Your body is very adaptive to a healthy fat low carb diet.

Grains can cause an overgrowth of bad bacteria in the gut.

Reduced nutrient absorption, due to the content of anti-nutrients in grains.

Refined grain consumption can lead to obesity, blood sugar imbalances, mood changes, heart disease and inflammation.

Grains are a very high-carb food. High-carb diets are associated with inflammation, heart disease, obesity, Alzheimer's disease, heart disease, type-2 diabetes, and numerous other inflammatory and autoimmune diseases and disorders.

Refined grains have been linked to higher levels of inflammatory markers in the blood, which is not only bad for arthritis but may also increase your risk for other inflammatory conditions, such as heart disease and diabetes.

Chickpea is grain legumes

For 10,000 years, we cultivated wheat, stored it, milled it and consumed it. The system worked, and it nourished civilization. Then, in the industrial era, we changed things.

Compared to old stone methods, it was fast and efficient and gave fine control over the various parts of the kernel. Instead of just mashing it all together, one could separate the component parts, allowing the purest and finest of white flour to be easily produced at low cost, so every class of person in rapidly growing cities could now afford "fancy flour". People rejoiced for modern progress.

And, beyond being cheap and wildly popular, this new type of flour shipped and stored better, allowing for a long distribution chain. In fact, it kept almost indefinitely. Pest problems were eliminated because pests didn't want it. Of course, we now know that the reason it keeps so well is that it has been stripped of vital nutrients. The bugs and rodents knew this way before we did.

Many people think "I just need to buy the healthy "whole wheat" flour. Sadly, nothing could be further from the truth. "Whole wheat" is nothing more than white flour with some bran added back in. It's processed on the same mills, in the same way. And other than that extra bit of fiber, it's the same barren industrial filler. There's nothing "whole" about it.

You need to look for stone-ground "whole meal" flour, where the entire wheat kernel is ground and the germ is crushed into the flour. It's hard to find because it doesn't keep well—delicate fatty acids start to degrade immediately. So if you do find the real stuff, it has likely been oxidizing for months in the distribution chain, turning stale and rancid. Of course you can taste this. It's that bitter unpleasantness

that we so often associate with whole grains. Which is yet another irony, because that flavor signifies that nutrients have been lost. No wonder so many people think they don't like whole grains!