



50 Shades of Grain

*The Naked Truth about
Eating Bread and Feeling Great*

Caroline Angel

Introduction

Eating grains isn't so black and white. Eating gluten free isn't *the* answer to being healthy. Being oblivious to the facts that gluten sensitivity exists isn't helping anyone either. There is a grey area between black and white, and there are many shades of grey to consider so we can understand which grains to avoid, why some should avoid grains and glutinous ingredients at all cost and when and how is it O.K. to consume grains IF your body is strong, and healthy enough to tolerate it. Caroline has done extensive research and found evidence from the scientific community, from ancestral wisdom and from living and thriving centenarians. It's an eye opener and maybe controversial. The right bread helps you live a long life. The wrong bread ages you. We'll take a look at what has happened since “10 minutes ago” when we started consuming *modern grain*, and how different it is from our ancestors who consumed *ancient grains* since “yesterday” and still showed robustness and vitality. If grains have been consumed for at least 5,000 years, and independent studies are showing the negative side effects of consuming modern grains, it begs the question of why we are now facing epidemic rates of modern diseases, and autoimmune disorders. Most breads on the market have been adulterated to the point of non-recognition by our bodies. In this book, you will find out what kind of breads our ancestors consumed that contributed towards their longevity. Find out what kind of bread our living centenarians are consuming. That is living proof. Find out what kind of breads you can

choose right now even though you don't live in the olden days, in one of the Blue Zones of the world or in a bubble. Find out how to use ancestral wisdom while living in the modern world. Eat and enjoy real food without feeling deprived or guilty. Learn the right breads to eat: in the proper amounts.

Let's talk about grains, specifically about breads. As a Holistic Nutrition Expert, even though I know about the inflammatory properties of grains, I don't avoid grains. Know which kind of grains (specific to bread) to avoid, why some should avoid grains and glutinous ingredients at all cost and when and how is it O.K. to consume grains IF your body is strong and healthy enough to tolerate it. Considering that the gut is often considered the gateway to health, consuming grains has profound implications for anyone consuming modern grain products (breads, pastas, cereals, processed foods). This makes going organic and investigating ancient grains and traditional methods of preparation important.

Bad news: We are human. We are not immortal. We ALL have weak points. For some of us, it expresses in our heads (anywhere from headaches to brain tumors), for others in the gut (from bloating to colon cancer) or in the sex organs (from infertility to cancer).

Epigenetics: We Have Control Over how our Genes are Expressed

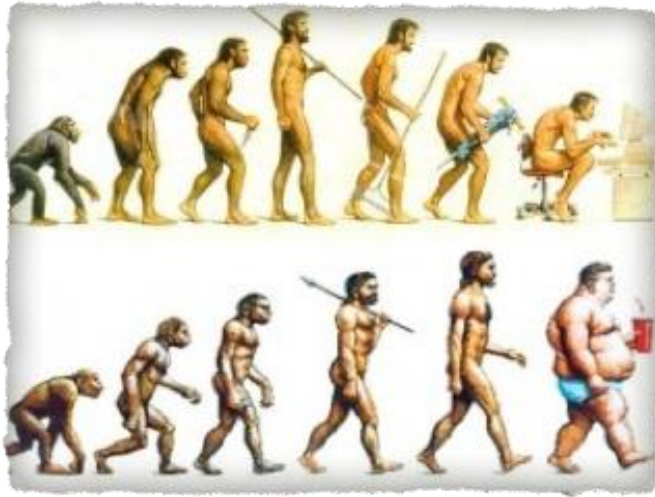
Good news: Disease is not written in our genes. We have control over how our genes are expressed by what we consume as food and our exposure to environmental toxins. This is called “epigenetics,” which is that the environment can help express one’s genes. Dr. Catherine Shanahan’s book “Deep Nutrition: Why Your Genes Need Traditional Food” does an excellent job of explaining how what we eat affects us on a cellular level. Dr. Shanahan was trained at Cornell University’s Molecular Biology program where she learned how nutrients direct physiologic growth. Per Dr. Shanahan, the genome is more like a dynamic, living being—growing, learning, and adapting constantly. Disease is not due to random mutations or “bad” genes—epigenetics tells us otherwise.

[Epigenetics](#) is the study of how the environment affects the way our genes express themselves. Genes react to our behavior. “Just about everything we eat, think, breathe or do can, directly or indirectly, trickle down to touch the gene and affect its performance in some way” is how Dr. Shanahan explains it (Shanahan & Shanahan, 2009.). Your future generation’s health depends on how you behave now. Here’s a visual analogy that might further help you to understand epigenetics. “Think of the human lifespan as a very long movie. The cells would be the actors and actresses, essential units that make up the movie. DNA, in turn, would be the script — instructions for all the participants of the movie to perform their roles. Subsequently, the DNA sequence would be the words on the script, and certain blocks of these words that instruct key actions or events to take place would be the genes. The concept of genetics would be like screenwriting.

The concept of *epigenetics*, then, would be like directing. The script can be the same, but the director can choose to eliminate certain scenes or dialogue, altering the movie for better or worse. After all, Steven Spielberg's finished product would be drastically different than Woody Allen's from the same movie script, wouldn't it?" You may not change your DNA but YOU, what you do and your lifestyle can affect how your genes are expressed.

Evolution of Grains

First, understand that we have not evolved fast enough to consume *modern grain*.



If you could pack all human history in one year, we have been farming grains and eating grains since about the equivalent of “yesterday.” We only consumed modern grain the equivalent of 10 minutes ago, which is when modern diseases came to life.

According to [The Paleo Diet](#), humans did not have grain cultivation and consumption until 5000-8000 years ago, which is about “yesterday.”

A new study published by Proceedings of the National Academy of Sciences of the United States of America,

researchers found 24 charred food remains categorized as “bread-like”: The world’s oldest bread has been found at an archaeological site in Jordan.

Archaeologists found the scraps of what is believed to be flatbread around a fireplace at a Natufian hunter-gatherer site called Shubayqa, located in northeastern Jordan.

It’s believed to be around 14,400 years old. This is especially impressive considering the settlement pre-dates farming, a good 4000 years before agriculture emerged in southwest Asia.

Co-author Tobias Richter of University of Copenhagen told [Gizmodo](#), it was originally thought bread came after agriculture.

If this is the case, then we as humans started eating grains more than “yesterday”: more like “2 days ago”.

Modern grain’s radical farming practices and processing came in the early 1900’s, which is about “10 minutes ago,” historically speaking. In this book, I will not examine the “Paleo” Hunter-Gatherer (pre-grain era) lifestyle.

Let’s look at what has happened since “10 minutes ago” when we consumed modern grain and how different from our ancestors consumed ancient grains since a “yesterday” and still showed robustness and vitality.

If grains have been consumed for at least 5,000 years and

independent studies are showing the negative side effects of consuming modern grains, it begs the question of why are we now facing epidemic rates of modern diseases and disorders.

Speeding up the bread making process for mass production has altered its state, so it is no longer digested easily nor contains all the beneficial nutrients. Let's dive into the reasons modern grain has become one of the biggest culprits of contributing and causing so many diseases and autoimmune disorders. Could speeding up the bread making process for mass production be contributing towards gluten intolerance? More promising.... Could sourdough bread prepared the slow, old-fashioned way solve those with gluten intolerance?

Overconsumption of Grains

Grains, wheat is found everywhere and in almost every processed food.

Foods That Include Grains



In most grocery stores, an entire aisle is devoted to only bread in all its forms. Then there is typically another large aisle full of cakes, cupcakes, cookies, pies, tarts, sweet rolls, bagels, croissants, brownies, and other sweet baked goods. The vast majority of the cereal aisle displays products containing primarily wheat. If you make or buy gravy or just about any sauce, you'll find it's thickened with wheat flour. Then there is the aisle full of different beers, many of which are made with wheat. These are just a few items you can find containing wheat in a grocery store.

To read all the shades of gray, you may purchase the paperback or ebook version by clicking on [*Fifty Shades of Grain: The Truth about Eating Bread and Feeling Great*](#) so you can “have your bread and eat it, too,”