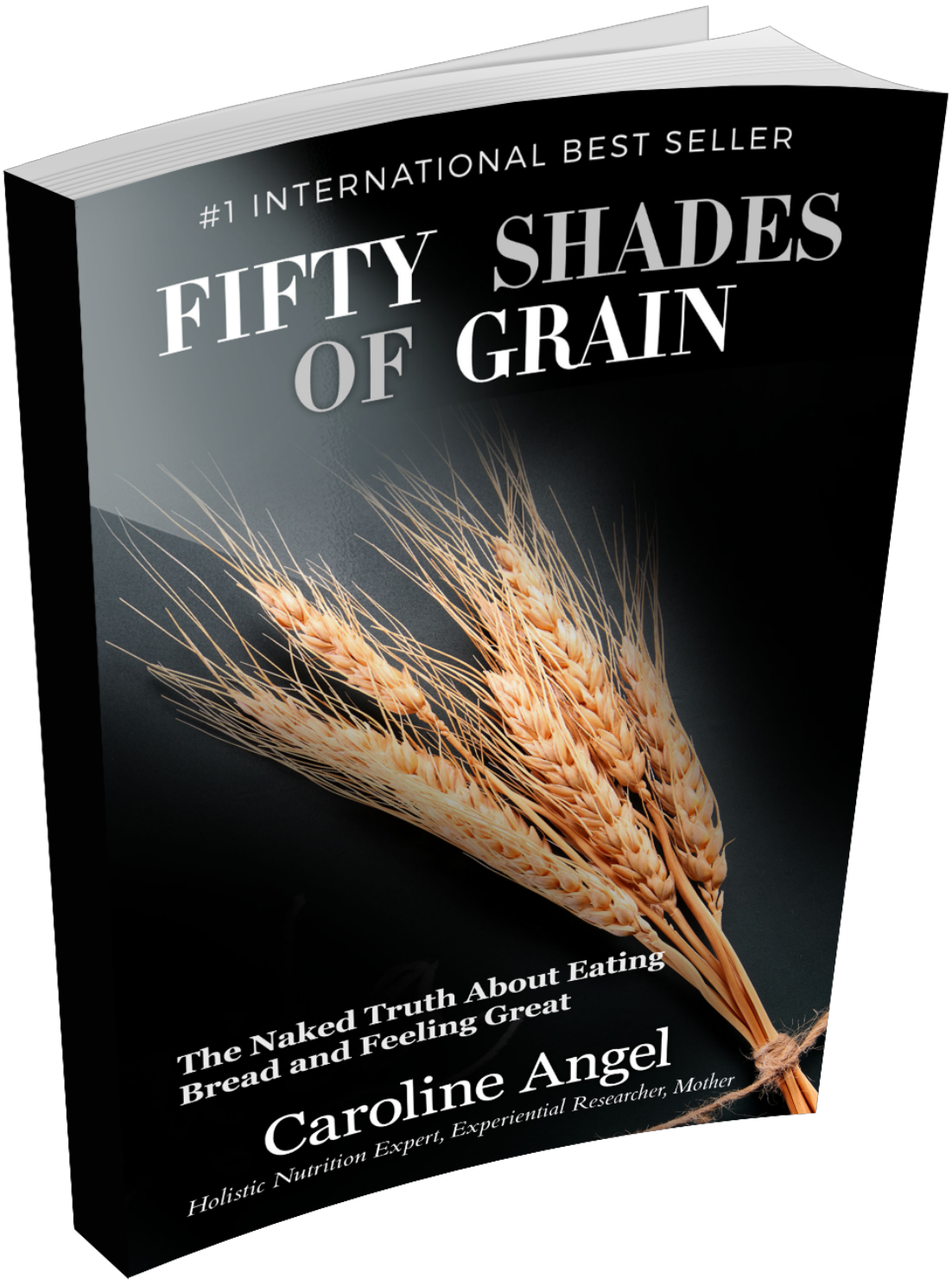

#1 INTERNATIONAL BEST SELLER
FIFTY SHADES OF GRAIN
The Naked Truth About Eating Bread and Feeling Great
Caroline Angel
Holistic Nutrition Expert, Experiential Researcher, Mother

As a busy working mom, I face many challenges that many other moms face. Besides family and work life, one of the challenges we face is feeding ourselves and our family health promoting foods: foods that taste good, is life giving, is practical, isn't depriving us or making us feel guilty. We are so busy that we don't have time (nor is it necessary with a very few exceptions) to count calories. We are tired of seeing miserable or short lasting results with yo-yo dieting.

I travel around the world studying different cultures, diets and religions. In this book, I share one major ancestral wisdom that helps contribute towards longevity; not just living a long life beyond age 100 but living it with vitality and full of joy. I want to share with you how to apply this tested and proven wisdom into the context of our modern world.

Many things contribute towards centenarians' longevity. The **secret "glue" that keeps it together is routine**: healthy lifestyle routines. It takes 21 days to break a habit and 40 days to create a new routine. Making change is the hardest thing for humans to do. We are creatures of habit. We'll even keep doing the same damaging things all because it is convenient. It makes it whole lot easier if we had someone, who is experienced with proven results in the field showing us the path.

Through my years of experience and expertise, I have learned that in order to have longevity, it is important to keep a balance between **natural, effective and practical**. If it is practical and effective but not natural, there will be long term side effects that I'd have to spend time and money to deal with in the future. If it is natural and effective but not practical, it won't become a lifestyle or routine and therefore, it won't be effective. If it is natural and practice but not effective, what is the point?

As a holistic nutrition expert and educator, I see so many people suffer needlessly: either depriving themselves of nourishing foods or eating the wrong foods because they just don't know what to eat.

Would you like to create health promoting eating routines without starvation, deprivation, feeling guilty or yo-yo dieting?

Here are the different ways to help yourself to this tested and proven wisdom and make it work in the context of your modern world:

- Subscribe to barefoodangel.com and receive ***Which Fats to Eat, Which Fats to Ditch*** cheat sheet for **FREE**. Sometimes the simplest things create the biggest impacts.

You will also receive free biweekly healthful and practical tips via email.

- Check out barefoodangel.com/programs for a deeper guidance.

    - **Happy Hormones course**: This is for women who want to be Free of ~ Anxiety. Depression. Low Self Esteem. PMS. Hot Flashes. Sleeplessness. Forgetfulness. Low Libido. Low Vitality. Weight Gain. Joint Pain. Hair Loss caused by imbalanced hormones. If you want to Get YOUR sexy self back in a way that is natural, effective and practical and are ready to be in charge of your health, this course is for you.

    - **Smart Shopping Guide course**: The list of resources and recommended brands within the course are priceless. If you are ready to make the conscious and mindful decision to make a difference that will last a lifetime, sign up here to start finding quality choices that nourish you so you can live vibrantly.

- **Schedule a FREE 30 minute Discovery Consultation** by visiting **Calendly.com/BareFoodAngel or call at 818-839-0272** to find out what these program entails and if you qualify? This call is a complimentary, life changing 1:1 session where we discover where you are in your life and what is needed to make the change you are desiring. We look at what it will take for you to feel more freedom in all areas of your life. How can you make the breakthroughs at this time in order to live your most extraordinary life!

- Contact me at caroline@barefoodangel.com to book a speaking engagement for your organization/church/community.

My mission in writing this book isn't really an excuse to eating bread. Properly prepared bread turns a previously indigestible grass into a nutritious and satisfying food.

In this book you'll find out how to source and/or make bread that is tasty and nourishing. Eating bread can be healthy IF we follow our ancestral wisdom.

Hope you enjoy reading this book.
To your health,
Caroline



50 Shades of Grain

The Naked Truth about
Eating Bread and Feeling Great

Caroline Angel
BareFood Angel

Fifty Shades of Grain

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FORWARD

"Every person who appears in our life is unique. They always leave something and take a little of ourselves. Some may take much but no one can exit our life without leaving a trace. This is what proves that two souls meeting is not random." ~ Jorge Luis Borge

I am confident there are no acts of randomness.

Certain energies bring people together. My initial skill was astrophysics. I learned firsthand when you bring together two waves of energy that are on the same frequency, the results can be extraordinary.

"*Chance (hazard, people meeting randomly) may not exist. It is the name given to real situations by people who want to ignore the existence of fate."* ~Eric-Emmanuel Schmitt, La nuit de feu, 2015

There is an expression in the French culture that says, "*Deux persones sont en phase*." When two people are on the same wavelength, they feel things and events similarly; they look in the same direction at the same time.

If two people are not on the same wavelength, they have conflicting energies and are sometimes competing against one another. As soon as they connect on the same frequency, it becomes an

explosive partnership that creates a powerful momentum of purpose.

When Caroline and I met in 2015, our energies aligned on an important global mission, a mission to help people like you achieve longevity.

What is Longevity?

I felt the importance of studying *Longevity* two decades ago when I went to Sardinia for the first time. *Longevity* is accumulation of many healthy and life giving behaviors during one's lifetime. Centenarians around the world share certain common characteristics. The combination of those characteristics creates their specific lifestyle, which contributes to the longevity of human life.

In 2000, I along with a Sardinian researcher, identified a region with exceptional longevity in the mountains of Sardinia, a place where people seemingly forget to die. I drew circles with my blue marker on a map to identify all the villages in the region with higher longevity levels. The "Blue Zone" was born.

Thereafter, in collaboration with Dan Buettner, we identified three other Blue zones, inhabited by populations who live long, healthy lives: Okinawa, Japan, Nicoya, Costa Rica and Ikaria, Greece.

It became obvious that this kind of longevity was not a simple phenomenon.

Identifying and validating Blue Zones is not a simple investigation. It requires collecting a large amount of data extracted from birth and death registers over a long period of time. The whole process of validation has to follow strict scientific rules and you must have strong scientific evidence before disseminating your findings to the media.

By investigating populations living longer in the Blue Zones, I discovered the human dimension of that study and the richness of centenarians. It has become for me a completely different way of doing research. The human aspect, beyond the scientific study, is the most essential new direction in my life.

Longevity is often with pure joy: being mobile, having mental faculties and even having sex at the oldest ages. I was amazed to see an 89-year-old man working with his 86-year-old wife for hours on their garden in a Sardinian village. This kind of sight became common in Blue Zones.

Because of their healthy practices, they have a strong foundation and momentum that carries them to become energetic centenarians.

Discovering these findings gave me a feeling that I hadn’t experienced before or had ignored. The big shift in my career happened when researching as a demographer. In addition to analyzing numbers, I

started focusing on the human dimension of studying centenarians. We learned that when dealing with human beings instead of numbers or statistics, it doesn't matter how old you are to live a happy, healthy and energetic life.

Studying *Longevity* has taught me that when you are close to other people with similar energies, there is an exchange of abundant energy and love.

During my most recent talk at a longevity conference in Sardinia, I asked how many people in the audience wanted to become a Centenarian. Of course, the majority of the people raised their hands. "*It takes a century to become a Centenarian*," I responded.

Don't believe in a program that promises you can become a future centenarian in four weeks. To become a centenarian, it is not one single thing that will create that transformation. You cannot achieve it in a short period of time. It requires the sum of one's full life.

Centenarians live by wisdom. Where *longevity* emerges, it has been created progressively by past generations. It is important to keep this knowledge alive so that future generations will also enjoy longevity. *Longevity* is a radiant treasure to be transferred to the new generation. It is key that all the "recipes" stay intact.

By “recipes” I mean not only the traditional centenarian culinary patterns that help people make connections between their food and their cultural heritage but other important lifestyle factors favoring longevity like physical and mental activity and family and community support.

I am convinced that the current ‘modern’ fashion in nutrition and diet is dangerous and that the role of the current players in the food industry might be disastrous for the future of *Longevity*.

It’s important to dig deep and investigate what the centenarians ate and how their food was prepared at a young age. Their early life conditions are most important and set a strong foundation to combat all the future stressors in life whether they are physical, emotional, external or internal.

Innovation is good, but it needs to respect and integrate our ancestor’s wisdom. Most innovations in agriculture increase production and profit for corporations. These new methods do not add nutritional value nor taste. Advancement is not about finding something new and forgetting the former. It should be aligned with wisdom passed on through generations, Innovation should respect ancient tradition and wisdom. The starting point of the longevity food revolution should always be traditional ways of raising and preparing food.

We can use modern technology to improve farming conditions without forgoing our obligation of taking care of our planet, animals, and health. We need to reclaim traditional practices that have been tested and proven for thousands of years.

We have enough resources to feed twice the population on earth. Nevertheless the current practice is tied to profit rather than the interest of the health and well being of the planet or it's people. We are getting sick and killing ourselves for earnings that benefit big food corporation's bank accounts, not us.

Society has to change. We need to join together collectively to make longevity happen. We cannot wait for other people to change our lives. Society can be inspired to alter the way they eat and live by learning about the Centenarians' way of life. This change needs to be supported by public policies, true, but it starts from individuals taking charge of their own health and diet.

The Centenarians I met in the Blue Zones have a very natural and organic way of life. Centenarians don't distinguish between work and leisure as we do. They enjoy every moment of their lives no matter what they are doing.

They live in the present moment—one moment at a time. They don't work during the week thinking about how they will spend their time on the

weekend or think about work during their relaxation time. They live a very simple life and do everything naturally and follow their internal rhythm. They get their physical exercise throughout the day in the fields, and tending to every day chores. They don't have a designated time for going to the gym or any kind of fitness program.

We have lost our way because we so far removed from this kind of ancestral wisdom. Most people follow conventional media, and take the advice of others who have been misguided by a modern way of thinking. They depend on the help of agencies to come to their rescue. We need to think for ourselves and follow our own intuitions to find a new way to health, happiness and peace of mind.

Obviously, moving to a Blue Zone is not a solution for healthy aging. Even if you were move to the Blue Zone, you may not fit in or feel like you belong. But if you stay where you are and implement the practices and lifestyle changes of the people of the Blue Zones, you could find longevity you are seeking.

Missions in alignment

Now to Caroline and her book, *Fifty Shades of Grain: The Truth about Eating Bread and Feeling Great*. Caroline and I were destined to meet because our missions are similar and aligned for the good of

humanity. We discovered our correlative work progressively and now have a clear path as to how to achieve our goal.

I am a demographer, identifying and validating data and Caroline is a holistic nutrition expert traveling the world studying and observing the diet and lifestyles of different cultures and religions. But we have a common mission and passion: to bring the ancient traditions and wisdom of the centenarians to the modern world.

Caroline also studies Centenarians, but goes beyond researching them on paper to put their ways of life into practice. Her agenda is pure and not attached to any particular diet practice. She shares the wisdom of our ancestors and incorporates this invaluable knowledge into our modern world nutritional regime.

Caroline and I want to share our important wisdom with the world. We believe it would be disservice to humanity to keep the knowledge that we have discovered and gained to just ourselves.

I am very honored to promote Caroline's work and all that is related to nutrition aspect of what we have both learned from the Centenarians. We both believe humanity would be better served if they accessed and changed what kinds of food they consume and remembered the simple joys of being a human.

Life is short. We should savor and embrace the organic beauty and wonder of human life. We should be attentive to what we put in our bodies and enjoy eating healthy, natural foods.

Centenarians don't think about what they eat because they follow a long established traditional wisdom. They just live their lives by that inherent code, a simple and restful way of existing. We have lost that. If a person uses up all their energy in brain activity, they won't have the stamina they need for more important things like enjoying their relationships with family and loved ones, or knowing themselves. We need to be intentional about taking daily breaks, restorative moments in the quiet desert, getting to know ourselves.

Centenarians apply this mindful, restful way of life to growing their food. They value food that is grown locally following traditional practices. They take the time to shepherd the animals on the mountains because they know that if the animal grazes on herbs full of nutrients and antioxidants, they will benefit from it. They bake bread using grains that are grown locally without use of pesticides or genetically alteration because they are confident in the value it will bring to them. They have quality control when using ingredients that are locally produced and traditionally prepared.

Just as smoking has become less of a problem in developed countries, thanks to public education, people can also be informed about the negative side effects of unhealthy foods. But unlike expensive cigarettes, cheap food is prevalent everywhere—in our underdeveloped cities, developed nations, minorities and affluent cultures. The problem of mass produced food seems insurmountable, but is it?

First, we have to understand that we have been sold a bill of goods.

We have been brainwashed to think that cheap food is necessary as it feeds the growing needs of the world and is cost effective. But Caroline and I believe it's criminal behavior for the food industry to think only about profit and not about the grave and potentially fatal damages to people's health. There is a great human cost in losing our health and vibrancy.

We have been led down this path of consuming cheap food by the power of media and peer pressure. We are social creatures who want to fit in with our neighbors. To go against the grain is difficult. Yet when we end up eating unhealthy food, increasing our portion sizes and moving our bodies less, it's a recipe for disaster. Just one consequence: diabetes and obesity are on the rise, at earlier ages.

It's urgent, then, to promote policies like Caroline's to help individuals make better eating decisions. It's crucial to inspire others to live their lives more like the Centenarians who live in the Blue Zones.

How do we begin? By following healthy role models. When we follow Centenarians, we have access to their ancestral wisdom. They guide us in a practical way so we are able to sustain a healthy and happy life of longevity.

My hope for you in reading this book is that you will be supported and guided, inspired by Blue Zone centenarians, toward a healthier lifestyle.

Our mission is to promote healthy aging and lifestyles. It won't be easy--there will be many opponents along the way to offer you negative energies and feedback. But Caroline and I are determined to help and inspire humanity to live more ageless lives.

Professor Michel Poulain is a Professor Emeritus, Demographer, *Université catholique de Louvain*, Belgium, And Senior Researcher at Tallinn University, Estonia



Welcome!

Welcome to the journey towards your health. I am excited to share my knowledge and expertise with you! In this book, the focus is on breads only. The same principles and findings apply to all grains, and processed foods made up of grain. Although I could go deeper, especially in relation to all the autoimmune disorders modern grain can cause or

contribute to, I have focused on the difference between processing modern, and ancient grains: from seed to mouth. I am glad you have picked up this book, and I am happy to share with you the truth about eating bread and feeling great.

I am a Holistic Nutrition Expert who has studied how grains can contribute to or destroy our health. Since I was 14 years old, I have always had the desire to help people. I have been an advocate for healthy living and an avid researcher on nutrition since my teens.

You can Have Your Bread and Eat it Too

I see the look of hope and excitement when you read "You can have your bread and eat it too". The top two questions that people have always asked me after reading the title and subtitle of this book are:
1) *How did you research this?*
2) *So what is the best bread?*

I have heard from most busy and overwhelmed moms that it is impossible to eat healthfully in this modern world all the time, but the truth is that it is possible, affordable, simple and practical. I can relate to that because that was me.

My Story

Ever since I remember I have always had a deep love for animals and helping people. When I was 8, I doctored my chicken back to health when everyone else around me was giving up on that being and didn't think its life was worth saving. All my friend needed was love and attention besides hydration. I learned a lot of valuable lessons especially around nutrition observing and caring for my animal friends. I've always been fascinated thinking about healing animals and people. I have had this intuitive nature of how to do that. I have been conscious about how food and nutrition plays an important role. I have been backing my intuition with years of research, and experiential traveling around the world studying different cultures and ancient wisdom. Things got really INSANELY busy when I became a mom. At one point, I had three kids under the age of 3! I was BUSY taking care of my family: making sure every was fed healthy foods, all the time, at the right times, got enough sleep and attention. What is interesting is that in helping others, like so many other busy moms, I stopped taking care of myself. I was skipping sleep and meals. I was eating sweets way too often to get the burst of energy I needed to take care of others.

Wake Up Call

It wasn't until I had a wakeup call from my son that made me realize that. In helping my son control his sugar addiction, I realized I had the same addiction. And I realized in taking care of everyone else I was neglecting myself. And my children were being affected by me neglecting myself. I was a busy, tired mom. I wasn't feeding myself properly. I didn't feel like myself. I didn't feel vibrant or sexy. Helping my son forced me to look for a solution that was practical. I didn't want to hand my son over to a "specialist". I knew the answer would not come externally.

- I knew we needed to get rid of the inflammatory ingredients.
- I knew we needed to add highly nutritious and nutritionally dense foods to overpower the sugar addiction.

Meanwhile, for years I had this yearning of moving to a "bubble" where life was simple, and the food was clean beyond organic. I knew about the 5 Blue Zones where the population experienced exceptionally high longevity. There are 5 places around the world where people live over age 100 with vitality. Because I had studied and observed centenarians through my experiential travels around the world, I had learned what it means to eat real

food. I wanted to feed my family following ancient practices tested, and proven to bring longevity and health. I wanted to move there. My family had other plans. They weren't budging.

They liked consuming unadulterated foods. But it would require a lot of change and sacrifice. There are so many things we appreciate about the modern world, and we couldn't picture ourselves living in a bubble. I had to come up with a solution that would nourish us. That turned out to be a blessing because, between the need to heal my son and knowing we won't be moving soon, I went into hyper research mode and found gems of resources in our own backyard that didn't require us to become a farmer or rancher or baker. I didn't realize I'd find my own Blue Zone right in my backyard and home. Once I fed my family nourishing foods that were practical and delicious, we healed as a family. The father of my children lost the stubborn weight around his love handles effortlessly. My son had a breakthrough and broke free from his sugar addiction and sugar crashes that kept him from being the playful boy he wanted to be.

Surprisingly, I cleared my hypoglycemia condition that plagued me since my teens. I gained more time, energy, sanity and vitality. I went from a place of overwhelming, confusion, and frustration thinking it would be impossible to find clean sources of food

that were practical, delicious, and balance my budget to actually doing it without moving into a bubble. As a family, we are defying “normal ”, and common modern world ailments and epidemics now accepted the way of life such as: bloating, hair loss, sleep deprivation, headaches, asthma, mental and nervous issues, heart problems, issues around weight, hormonal, thyroid, autoimmune disorders and so on. We have more energy, vitality, and vibrance than ever before. I am certain that it is all due to our lifestyle, the major contributing factor being our diet which is as close to what and how centenarians consume without living with them. Basically, my son was there as a mirror for me. I had the same problem. Even as a nutrition expert, I didn’t know I had a deeper issue to resolve until I helped my son.

Moms are natural healers and care takers of their family. It is HARD to be the care taker of your family if you are tired and don’t have guidance the way our ancestors did by living within a small village. Although modern living is providing us with a lot of conveniences, it has unfortunately removed us from ancient wisdom. We are now taught to work harder and faster neglecting our health. I understand how overwhelming it is for moms today. There is so much pressure on us to fill so many roles. There are so many ideals put on us: how to parent, what to feed our kids, what not to

feed them, managing the house and work. I want to share with you what I have learned along the way. I have no allegiance to any particular diet or a style. I believe everyone is biochemically individual. I prescribed to real food; clean from toxins and prepared using traditional methods.

Learn how to look beyond organic and gluten free. Just because it is organic or gluten free doesn't mean it is crap free. It is not gluten alone, and gluten alone is not a fix for all. I have sifted through millions of misinformation and disinformation on the internet. Gathering trustworthy and unbiased research coupled with real life observation is a powerful way to gather wisdom. Imagine achieving your body's optimal weight without worry about calories, feeling guilty or depriving yourself. What will you do with the abundance of energy you'll gain from adopting an eating lifestyle that feeds you not robs from you? You care beyond organic. You are a conscious consumer who cares about food that is sustainable, humanely raised, grown and harvested with high energetic frequency. If you are looking for bringing old traditional nutrition to the modern-day kitchen, you have landed in the right place. I want to help other moms feel and look their best so they can take care of their family.

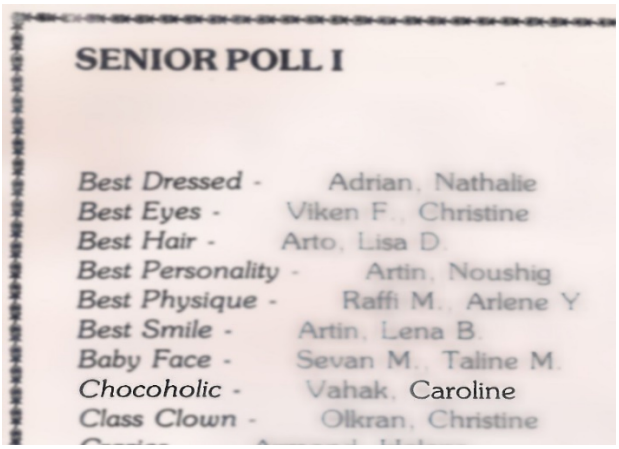
3 Young Professors

My kids became my greatest teachers. My motivation to pass on my knowledge to them wasn't enough—for them to have a lifelong passion for this lifestyle, I had to dig deep. I had to learn how to communicate and present effectively so my knowledge would be well received. Having three kids with three temperaments presented the best opportunity for me to learn how to present my material to different personalities. They have shown me how to guide, not preach, to motivate by example, not by guilt-tripping, to empower, not force, and to have humility rather than judging others. The best lesson they have taught me is how to exercise compassion by stepping into someone else's shoes, for only then am I able to inspire and offer guidance to others. I realized that if a super busy person like me, juggling all that life's blessings (mother, nutrition expert, wife, student, community service, entrepreneur) could heal so deeply with simple small delicious changes, I knew huge shifts could be made for others. We live in the modern world surrounded by all the pressures of the modern world's food, including peer pressure and being removed from the wisdom of our ancestors on how to apply a lifestyle that promotes our health.

Recovering Chocolate Addict

I am a former chocolate addict. I still love and enjoy my chocolate. I now know how to eat addictive foods without the side effects and guilt. I always had the inner strength to choose my food wisely...I thought.

Although, I was always conscious about food choices, I am a former chocolate addict. I have always tried to lead a healthy lifestyle by eating consciously and being active, but when I was a teenager, my vice was chocolate, and any kind would do. I convinced myself that if it was *just* chocolate I was eating, I wasn't a junk food addict. In my high school senior poll, a new category was created for my condition, and I was voted Chocoholic!


SENIOR POLL I

Best Dressed - Adrian, Nathalie
Best Eyes - Viken F., Christine
Best Hair - Arto, Lisa D.
Best Personality - Artin, Noushig
Best Physique - Raffi M., Arlene Y.
Best Smile - Artin, Lena B.
Baby Face - Sevan M., Taline M.
Chocoholic - Vahak, Caroline
Class Clown - Olkran, Christine

I was also borderline hypoglycemic. Although I had "hanger" (hunger and anger), lack of energy, and shakiness when hungry, I didn't take those as signs of a developing condition. Feeding my "hanger" with chocolate only worsened my hypoglycemic condition. My kids see the benefits that our lifestyle has had on their lives. We have stamina, abundant energy in living life fully and vibrantly.

Watching a 6-year-old heal through his sugar/candida cleanse with love and patience and adopt a lifestyle that is nourishing without deprivation, I realized I could help other families apply that simple formula to their lives. I want to help others see that they must take care of themselves in order to take care of their family. I want to share my wisdom in a way that is easy to understand, and full of practical and delicious solutions. I know what it feels like to be a mom overwhelmed, stressed and tired to juggle it all. I want to be that person to give you the wakeup call before a loved one, or you start suffering. I want to help you stop the suffering.

I am a Holistic Nutrition Expert, an experiential researcher traveling the world studying centenarian lifestyles, a wife, and mother of 3 athletic children. My mission is to teach and inspire others the effective principles and practices of our ancestors in a modern context for living a vibrant life through

being a food educator, speaker, writer, wellness coach, and an advocate for conscious living. Taking care of my family's needs with modern world challenges has provided me a solid training ground formulating a successful practical method for healthy living without depriving oneself of the joys of life and keeping sanity.

My vision is to empower you to achieve your optimal health, and lead a healthy life through awareness, and education. It is to share the wisdom I have learned, so it is simple, delicious, nutritionally dense and practical. For long lasting vibrant results, I encourage and empower my brothers and sisters to change their lifestyle vs. going through the yo-yo frustration dieting with failed results. I am passionate about nutritional research, spending my time reading, and analyzing the most recent literature on the topic. I travel around the world as an experiential researcher studying centenarians and observing what contributes to their longevity.

Pleasure is the cornerstone of sustainable, healthy living. Living a healthy lifestyle will last when healthy food tastes good. My own family wouldn’t support a healthy lifestyle if the foods we ate weren’t tasty, no matter how motivated they were to be in shape - athletically or mentally. Food can be a celebration rather than a chore when the focus is on

good food, and not counting calories. I share the wisdom I have gained through experience so you can have the freedom of time and energy to do and be what feels good to you. Imagine having the road map to creating a lifestyle that supports health and well-being so you can spend quality time with your family, have the time to do the things that bring you joy and have the energy to feel vibrant and sexy.

"Just Love My Bread!"

Is that what your inner voice screams?

This is YOUR book because I wrote it for YOU.

I wrote this book and focused just on breads because bread is one of those food items it is hated or loved. On one side, it is highlighted as the evil culprit in causing many inflammatory conditions in our bodies. On the other side, it has a whole isle in the grocery stores dedicated to it due to customer demand. There is gluten and grain intolerance and sensitivity outside Celiac Disease. There is also the real addiction and addictive factor to the processed, and adulterated ingredients within conventional breads. Gluten sensitivity is real and concerning. I have studied this subject deeply and practice being grain free, the right kind of bread being one exception. I want to focus on the right kind of

breads that promote a long life IF one's body can tolerate it and if it is eaten in the proper amounts.

I was forced to look into breaking out of being gluten free but didn't want to baggage that came with it.

For years, when the kids were younger, we lived without bread. We avoided them at home. We avoided them at people's homes. We would kindly ask the waiter to take the bread back if it was offered. The kids' school lunches were grain and gluten free. Everything was fine until the boys got a little older and pleaded with me to introduce bread into our diet. They knew too much about the detrimental effects of processed foods than to sneak around and have bread outside the house. I'm not saying they never fell off the wagon. I'm just saying they had too much awareness to go behind my back. They knew this protection wasn't for me. It was for their health. We went on a mission to find the most gluten free bread out on the market sans unhealthy ingredients. We tried the coconut kind. We tried ones from the frozen section. I tried making them gluten free bread…big fail. They all tasted like cardboard. The texture wasn't exciting. My kids would not have it. I HAD to find a delicious solution for them. Otherwise, I would have a coup in my hands. The kids would rebel even if they

knew better. There was an innate need that I couldn't deny.

Out with the New: In with the Old

A few years ago, while traveling through France, I noticed older people of a village consuming bread. Having a fascination with ancient wisdom and learning from older people since they haven't lost touch with where real food comes from, I noticed the bread that the older people would eat differed from the ones the younger generation would consume at cafes. Long story short, what I observed and learned is the seedling for this book.

I follow my ancestor's diet including eating grains. However, it would be foolish to think that we could eat just like them though because so many crops have been adulterated, especially wheat through hybridization overload. For over two decades, I have been inspired and interested in studying different diets, religions and cultures, and the reasons behind their dietary practices, food philosophies, and food politics. Although my intuition has always been my guiding light, I like to support it with reputable and trustworthy data. Through research, I have found what I consider the golden rules in helping your body be the healing machine it was.

Secrets to Longevity From an Ongoing Human Laboratory

I would like to share secrets I learned from my travels to Sardinia in 2016. The opportunity to learn so many pearls of wisdom from observing centenarians wouldn't be possible without the connection with Michel Poulain, Professor Emeritus, Demographer, Université catholique de Louvain of Belgium, Tallinn University of Estonia.

Michel is THE researcher who studies and coined the term Blue Zones. He identified Sardinia's Nuoro province as having the highest concentration of male centenarians. Centenarians are people who live measurably longer lives. He also identified 3 other Blue Zones including Ikaria in Greece, Okinawa in Japan and Nicoya in Costa Rica. The meeting was a gift and an opportunity of a lifetime. As if a meeting of this caliber wasn't enough, I was invited to meet one of the nearby village's Centenarian, Salvatorangelo a 102-year-old and his wife Lilina 98 years old. I was on cloud nine.



Michel Poulain, Louis (102-year-old centenarian), me and Lilina (98-year-old spunky wife)

Many things including physical activity, life purpose, stress management, spirituality, family and social life contribute towards Centenarian's longevity. Nutrition seems to be the biggest contributor as so many aspects of life revolve around food. What was interesting to observe was that although the type of diets varied, even sometimes within the same household, the quality and source didn't. Fresh, local, seasonal and processes using traditional methods is a common theme amongst centenarians and generation above 70 years of age.

According to Michel Poulain, the oldest woman on earth, Emma Moreno, who died recently, had a diet of 100 grams of beef, 2 eggs, no vegetables, bananas, broth, and pasta.

My new friend Lilina ate cooked apples, pork, banana, minestrone soup, potatoes while her husband 102-year-old Louis ate meat (except for cattle as it was hard to digest for him) with lots of fats, ricotta, and drank wine. Typically, Sardinian meal includes a lot of meat and carbohydrates. Prior to my visit, I expected that centenarians' diet would be plant based on research I did on paper. This is where observation overrules resource.

People in the village in general consumed a lot of animal protein and products. Centenarians in Sardinia do not use Modern Oils and Fats such as vegetable oils. They make their own animal lard and use it for cooking. The younger generation is starting to use vegetable oils thinking that it is healthier. Reading chapters below, you'll soon unravel the truth behind vegetable oils made with Modern Grain. Time will tell if the younger generation could keep the tradition of their ancestors of living over 100 with grace. Sardinian centenarians use real salt generously. I was surprised to see how much pastry, pasta, and bread they consumed. My previous ideas about gluten-free being essential for being healthy were

shattered. What became clear fast was seeing the difference between the grains that people 70 and older were using compared to the younger generation. It is subtle but makes a HUGE difference contributing towards longevity. Younger generation used a lot of packaged pastry and pastas where the older generation had an aversion to the prepackaged processed food albeit "Made-in-Italy" label.

Through the chapters, you'll see the subtle differences between Modern and Ancient Grain that makes such a huge difference. The biggest lesson I have learned from observing centenarians and people who exemplify health and well being is that there is no one best diet. The most important observation I have made is that the diet that gets you healthy, the diet you must eat when you are sick to recover, may not be the best long-term diet for you. You may need to eliminate dairy and grain until you heal. Once you eliminate all their food allergies, heal their leaky gut, the rules change. You may enjoy ancient grains and complex carbs and feel great doing it. The body is an amazing, miraculous healing machine. Once healed, when given the proper clean, pure fuel, it will thrive, support your soul and mental functioning and allow you to accomplish your heart's desires and joyful.

If you were to ask someone who is following a

grain-free, gluten-free or Paleo lifestyle what food they miss the most from their lifestyle, they would probably say, **"bread!".** There are few things more enjoyable than a slice of artisan bread, toasted and slathered with butter…an avocado panini... a grilled cheese sandwich. We tried being completely gluten free with no grains and bread for a while. We tried all sorts of gluten free bread.

Unfortunately, most gluten free breads leave a LOT to be desired. They're usually made with high-glycemic flours that spike your blood sugar. They're often crumbly. And they rarely taste like the "real thing." I want to help you navigate through all the misinformation out there and teach you how to *fish* for the knowledge that will bring you optimum health. I will teach you how to overlook what I like to call *the sales noise*. You can create optimal health while living a modern lifestyle by eating real food and living consciously.

Here is how you may connect and or receive guidance (Mostly free and some with fee):

1. Receive a **FREE comprehensive guide, "Which Fats to eat, Which to Ditch"** when you **subscribe to BareFoodAngel.Com.** Once subscribed, you'll receive free weekly healthful and powerful tips and recipes that are delicious AND practical.

2. Check out the "Programs" page on BareFood Angel.Com to see the ways you can work with me.

3. Check out "Healthful Links" on BareFood Angel.Com. I often get asked about brands or specific healthy living products I trust and where I buy the best and the most affordable real food staples and healthy living products from water filters to sleeping mattresses.

To your health,

Caroline Angel *(formerly Aslanian)*

Barefood Angel™
Whole Nutrition Made Simple.

Endorsements:

“Should we eat grains? The issue is not black and white, as Caroline explains in Fifty Shades of Grain. Wheat is not the culprit, but what we have done to it! Caroline clearly explains how we have ruined one of nature’s most nutritious grains and what we can do to enjoy it again. For anyone who thinks he can’t eat wheat, or even for anyone who still does eat wheat, this book is must reading.”

~Sally Fallon Morell, President The Weston A. Price Foundation

"Fifty Shades of Grain perceptively tours the Great Grain issue of our time. Caroline weaves an insightful and detailed guide to set the story straight for our consumption of grain. Applicable to EVERYONE."

~Dr. Yoshi Rahm, Functional Medicine Speaker, Founder of Oasis Family Medicine

Noodles, rice, bread, and cereal are highly cravable, and for a good reason. Grains have sustained humans in good health for the entirety of our history. Caroline shares her knowledge and provides the tools and resources you must enjoy your grains guilt-free.

~Mary R Clifton, MD, national bestselling author of Get Graduated and Waist Away Founder of Dr. Mary's Reset Revolution Medical Director, 24/7 CallADoc Telemedicine Corp

"Loved this book. When I lived in Corfu Greece as a child in the late 1960s, the local stone ground sourdough bread truck was a much-anticipated daily joy. The smell and the taste!! It was still warm! Add the raw butter and my mom had five very happy boys under 8 years old. Caroline has done a great job of simplifying a complex issue and providing real answers to real people. Eat Whole Foods and thrive. So many of our foods are difficult to truly know due to the green washing effect of modern labeling. The food giants know just the buzz words to use to grab your food voting dollar. You have done the work to go deeper without getting confusing. Getting back to stone ground ingredients, without any added weird science crap and just good old-fashioned sourdough fermented processes.... delicious and a true friend to your gut. As Hippocrates said "all disease begins in the Gut".

It's time to love your gut and stop the dollar voting enslavement to life shortening, shelf life engineered Frankenfoods!! Our gut is not a shelf. It is the biosphere within and an extension of earthly soils under our feet and the very basis of our existence. Good work Caroline!! "

~Mark Mcafee, certified organic farmer, Founder Organic Pastures Dairy Co, Raw Milk Dairy Food Safety Expert, RAWMI Board Member Executive Board California Dairy Campaign Husband and proud grandad of six super healthy raw milk drinking grandkids

"You can create optimal health while living a modern lifestyle by eating real Food and living consciously". I could not agree more. This well researched book helps us to understand the Corruption of the food system regarding modern grains from farming, beginning with the seed (GMO), Use of Harmful chemicals (Glyphosate), to the final processing of these grains. In Fifty Shades of Grain, it is a clear line from this system to many of the health challenges so many people are experiencing today. Fifty Shades of Grain is a clear and easy to understand the argument for traditional (REAL) food preparation properly fermented Sour dough whole grain breads. Caroline explains the benefits of eating breads crafted from Heirloom seeds and then created into amazing life-giving

food, including resources and recipes! Thank You, Caroline!

~Chef Lance Roll, Founder and CEO, of The Flavor Chef Inc., The Brothery and Bonebroth.com Preserving the Art and craft of traditional Bone broth! "Love is the Ultimate spice"

"This book spells out in black and white how wheat in this country has grown less nutritionally-dense over time, and what happens in the body when you eat wheat that has been treated with pesticides or genetically altered. So many Americans have no idea that the quality of their bread has been compromised and how it's linked to their health issues, and this book explains in easy-to-understand language exactly why and how that has happened. It also tells you what type of bread is better to eat and the reasons why it's critical to be aware of the ingredients in your bread before you dive into the bread basket. Caroline has taken her vast knowledge about the subject of grains, and specifically bread, to give you a go-to eating guide, so you become more aware of what to put into your body and how to better support your health and wellness."

~Lisa Fraley, Legal Coach, Attorney & Holistic Health Coach, lisafraley.com

"There are a few special people who cross your path in life and Caroline is one of them. She is one of the most intuitive, kind-hearted, inspiring teacher and author I know. Caroline genuinely and generously offers her knowledge and has profoundly influenced the improvement of not only my health but the health of my clients. I am beyond grateful for the day I met her and she has changed my life."

~Barbara E. Savin, Author "Gentle Energy Touch, The Beginner's Guide to Hands-On Healing" Energy Healing Specialist, Clinical Hypnotherapist, Life Coach.

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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

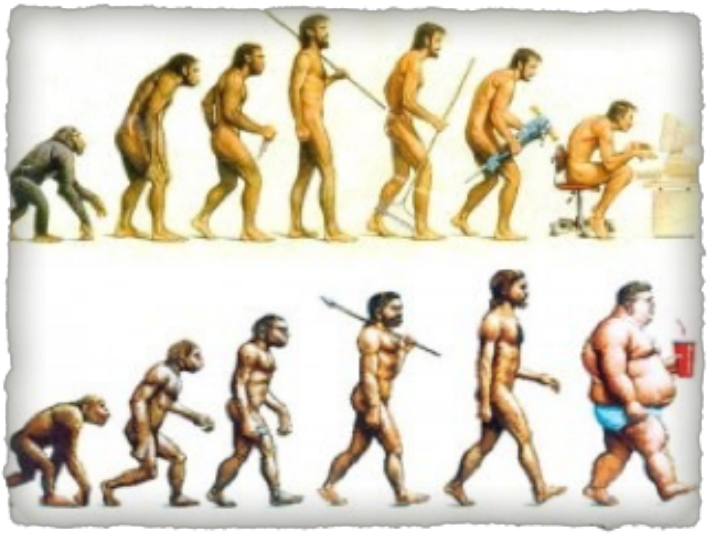
Good news: Disease is not written in our genes. We have control over how our genes are expressed by what we consume as food and our exposure to environmental toxins. This is called "epigenetics," which is that the environment can help express one's genes. Dr. Catherine Shanahan's book "Deep Nutrition: 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 an 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 *epi*genetics, 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 of 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.



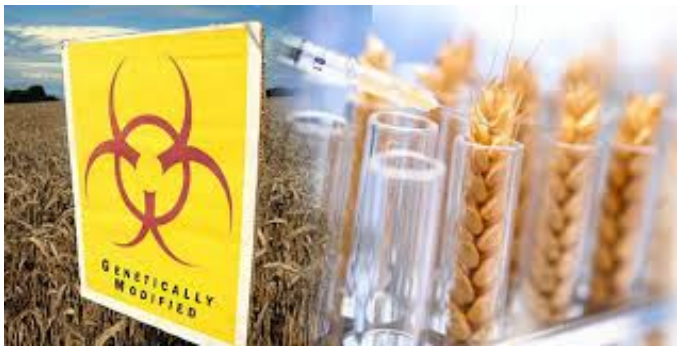
In most grocery stores, an entire aisle is devoted to only bread in all its forms. Then there is typically another large aisle full of cakes, cupcakes, cookies, pies, tarts, sweet rolls, bagels, croissants, brownies, and other sweet baked goods. The vast majority of the cereal aisle displays products 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.

Defining Modern Grain

It's important at this point to define what constitutes "modern grain." It is a combination of things that give it that definition.

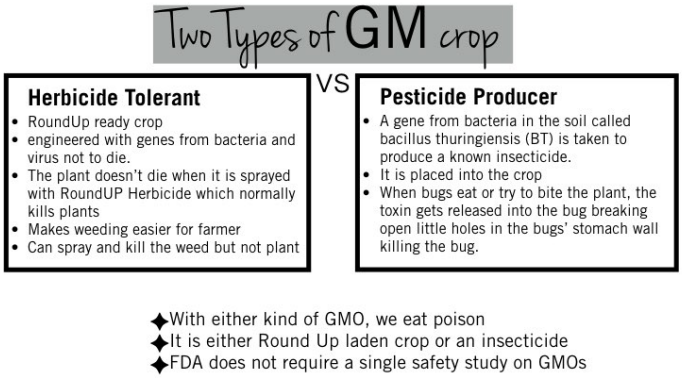
Radical farming techniques have changed the vital structure of the plant itself.

Genetically Modified Organisms



Another radical farming method is genetically modifying seeds, also called GMO, GE, or GM. This is where foods such as corn are manipulated in a laboratory by forcing DNA from a foreign species into them. This foreign DNA may include a virus, bacteria such as E coli bacteria, an insect, an animal or even human DNA. Food is usually genetically altered to express agriculturally-desirable traits,

including resistance to pests and to herbicides or to be more drought tolerant. The primary traits of GM crops are "herbicide tolerant" or a "pesticide producer."



Glyphosate, a chemical in Roundup® is in our food, kills human cells and poisons villagers living near spraying. The same toxins in BT break open little holes in the human stomach just as it does to the bug. Crops that make their own pesticide kill other beneficial animals or insects. Genetic modification differs from grafting trees, breeding animals and hybridizing seeds used for thousands of years. In traditional breeding, it is possible to mate a pig with another pig to get a new variety. It is naturally impossible to mate a pig with a potato or a mouse. Closely related species of animals can be bred. However, the offspring are usually infertile. A horse can mate with a donkey, but the offspring (a mule) is sterile. With genetic engineering, scientists can

breach the species barriers set up by nature. Animal studies have shown that GMO foods cause infertility, accelerated aging, dysfunctional insulin regulation, changes in major organs and the gastrointestinal system, and immune problems such as asthma, allergies, and inflammation.

Farmers have also found GMOs cause abnormal violent behavior and the death of livestock. GMO food poses higher risks for children—children have smaller detoxing organs and consume more GMO processed food. Adolescent rats showed damaged immune systems and digestive function, smaller brains, livers, and testicles, atrophy of the liver and pre-cancerous cell growth in the intestines after only 10 days of GMO feed. GMO DNA passes through the placenta to the fetus. One study showed that offspring of rats fed GMO soy died within three weeks. GMO food is less nutritious and does not taste better. GMOs are not researched or regulated. The FDA's own scientists warned that GE food had serious health hazards, but no health testing is required.

Overuse of Roundup® herbicide has led to increased herbicide use, created super-weeds needing super-toxic herbicides and climate destabilizing fertilizer, spreads deadly plant diseases, degrades soil and gets into our waterways.

GMO seeds are replacing bio-diverse natural seeds. 64 countries around the world require labeling of genetically modified foods. In the U.S. there are no laws requiring genetically modified foods to be labeled.

Farmers and Ranchers who practice sustainably will not grow genetically modified products. One sure way to stay away from genetically modified ingredients at your farmer's market is buying USDA-certified organic products. GMOs are prohibited in organic foods. For a detailed list of studies, read and/or watch Genetic Roulette by Jeffrey Smith.

For detailed resources visit: Responsible Technology.

The Institute for Responsible Technology was founded in 2003 by International Best-Selling Author and Consumer Advocate, **Jeffrey Smith**. IRT has worked in nearly 40 countries on 6 continents, and is credited with improving government policies and influencing consumer buying habits.



Serving my community bringing awareness with educational programs about subjects such as GMOs. Here with Don Huber, Ph.D., leading expert Scientist in GMO and Jeffrey Smith, Founder of Institute for Responsible Technology, Best-Selling Author, and Consumer Advocate.

Glyphosate (a.k.a. Roundup®)

Glyphosate is a non-selective herbicide, meaning it will kill most plants. It prevents the plants from making certain proteins for plant growth. Roundup® is a brand with glyphosate as the active ingredient.

The World Health Organization's International Agency for Research on Cancer (IARC) concluded that glyphosate is "probably carcinogenic to humans (Group 2A)" in March 2015. California EPA's Office of Environmental Health Hazard Assessment

issued a notice it intended to list the herbicide glyphosate as a carcinogen under the state's Proposition 65. Monsanto fired back with a lawsuit in January 2016. Following the recommendation of a respected scientific panel of the World Health Organization in 2016, Roundup® was linked to cancer, hormone disruption, birth defect, kidney damage and many other diseases. Glyphosate has damaging effects on your health and the health of your unborn baby. A 2011 Canadian study, published in the journal Reproductive Toxicology examined the effects of glyphosate exposure to fetus. It found presence of circulating pesticides from GE foods in pregnant and non-pregnant women.

According to Dr. Huber, the nutrients of a plant are greatly affected by GE plants. Micronutrients such as iron, manganese, and zinc can be reduced by as much as 80 to 90 percent in GE plants! "It was originally patented as a mineral chelator. It immobilizes nutrients, making them unavailable for your body." For 50 years, Dr. Huber has been a Scientist studying plant diseases in the U.S. and around the world and spent 35 years at Purdue University as Professor Emeritus of Plant Pathology. Dr. Huber is a bioterrorism advisor to the U.S. government from Purdue University with a particular expertise in glyphosate. He believes Roundup® to be a far, far greater threat to the planet

and all its inhabitants than DDT, or virtually any toxin ever created for peacetime or war.

Dr. Huber has a 41-year military career as a retired Colonel, evaluating natural and manmade biological threats, including germ warfare and disease outbreaks. He coordinates the “Emergent Diseases, and Pathogens Committee” as part of the USDA National Plant Disease Recovery System under Homeland Security. Dr. Huber details study after study showing that the accumulation of glyphosate in crops propagates up the food chain, causing numerous diseases, and massive infertility in animals, including humans. And formerly benign diseases are now running rampant and are also directly traceable to glyphosate and GMOs. There is even a pathogen entirely new to science showing up in these crops; it is so new that Scientists don't even know how to categorize it because it is unique and cannot be assigned to a class of organisms. Researchers working on this have been fired or have had had their funding taken away, and such research is now illegal. This is not some alarmist conspiracy theory; it is based on verifiable facts presented by a credible professional with a profound knowledge of his subject. Dr. Huber writes, "I have studied plant pathogens for more than 50 years. We are now seeing an unprecedented trend of increasing plant and animal diseases and disorders. This pathogen

may be instrumental to understanding and solving this problem."

He explains, "The pathogen may explain the escalating frequency of infertility and spontaneous abortions over the past few years in US cattle, dairy, swine, and horse operations. These include recent reports of infertility rates in dairy heifers of over 20%, and spontaneous abortions in cattle as high as 45%...For example, 450 of 1,000 pregnant heifers fed wheatlege experienced spontaneous abortions. Over the same period, another 1,000 heifers from the same herd that was raised on hay had no abortions. High concentrations of the pathogen were confirmed on the wheatlege, which likely had been under weed management using glyphosate (Roundup®)."

It was Dr. Huber who wrote a letter to USDA Secretary Tom Vilsak on January 17, 2011, warning of the discovery of a new pathogen and a possible link between Roundup Ready® (GMO) corn and soybeans, and severe reproductive problems in livestock and widespread crop failure. Less than 3 weeks later, the Obama administration approved 2 new RoundUpReady® GMO crops. Glyphosate exposure appears to be strongly correlated with the rise in celiac disease and gluten intolerance. Glyphosate has been shown to severely damage your gut flora, and because chronic diseases rooted

in gut dysfunction. Glyphosate is never used alone, according to scientist and glyphosate expert Seralini. An adjuvant (co-formulants/other chemicals) used makes Glyphosate (aka Roundup®) 1000X more toxic. http://www.gmoseralini.org/en/

Toxic Seeds

Even before they are planted in the ground, modern grain seeds receive an application of fungicides and insecticides. Fungicides are used to control diseases of seeds, and seedlings; insecticides are used to control insect pests, killing them as they feed on the seed or the emerging seedling. Seed companies often use mixtures of different seed-treatment fungicides or insecticides to control a broader spectrum of seed pests.

Chemicals: Pesticides, Insecticides, Fungicides

The United Nations Human Rights Council was presented a new report critical of pesticides, and corporations who manufacture them saying that pesticides have "catastrophic impacts on the environment, human health, and society as a whole." The report estimated 200,000 deaths a year happen from acute poisoning from pesticides.

2014, the CHAMACOS Study definitively showed that, not only are toxic herbicides now commonly in a mother's breast milk, placenta, and umbilical cord, but even more frightening to parents, even tiny amounts of pesticides harm kids' brains by shortening pregnancy, lowering IQ levels and increasing the risk of ADHD. Some of the main chemicals (insecticides, herbicides, and fungicides) used on commercial wheat crops are disulfoton (Di-Syston), methyl parathion, chlorpyrifos, dimethoate, diamba, and glyphosate.

Many pesticides function as *xenoestrogens*, foreign estrogen that can reap havoc with our hormone balance and may be a contributing factor to several health conditions. For example, researchers speculate these estrogen-mimicking chemicals are one of the contributing factors to boys, and girls entering puberty at earlier, and earlier ages. They have also been linked to abnormalities and hormone-related cancers including fibrocystic breast disease, breast cancer, and endometriosis.



In 2012, a report by the American Academy of Pediatrics warned that "children are particularly susceptible to the impacts of pesticide exposure," including an increased risk of:

- Pediatric Cancers,
- Behavioral problems,
- Trouble learning

Pesticide exposure has also been linked to many conditions like:

- Rheumatoid Arthritis,
- Lupus,
- Parkinson's disease,
- Alzheimer's disease
- Cancer, among others

Synthetic Soil

Natural fertilizers are derived from plants and animal residues like compost, bat guano, manure, seaweed and worm castings. Synthetic fertilizers are "man made" inorganic compounds usually derived from by-products of the petroleum industry. Modern farming applies only three primary nutrients back into the soil: nitrogen (N), phosphorus (P), and potassium (K). Synthetic fertilizers do not support living organisms in the soil. Just like our bodies, plants need more than just three minerals to thrive. They need all the minerals, organic matter, and living organisms. Macronutrients, micronutrients, phytonutrients are all required. Our understanding of nutrients is limited despite sophisticated scientific investigative tools. Someday the estimated 40,000 phytonutrients will be catalogued and understood.

Natural fertilizer promotes healthy microbial growth within the soil because it is a living thing made up of microscopic beneficial fungi and bacteria feeding the soil food web. Natural fertilizer feeds the soil which allows the food growing on it to feed itself. Synthetic fertilizers feed the plants, whereas natural fertilizers feed the soil. This has a huge impact on the soil affecting the health of the food grown in the soil.

Researchers in a 2016 study, Pesticide Interactions With Tillage and N Source, Effects on Fauna, Microorganisms and Selected Ecosystem Services, studied pesticide effects in both moldboard plowed soil and directly seeded (no-till) soil with either mineral fertilizer or cattle slurry (created from cow manure and water) along with either a fungicide, an insecticide or both. Researchers studied the how the populations of earthworms, mites and other microbial life were affected. When observing the populations of earthworms, and other microbial life, researchers observed a negative side effect when organisms were treated with pesticides, especially when treated with insecticides. When comparing artificial fertilization versus cattle slurry as compost, researchers found cattle manure to have a higher and positive effect on soil life.

Hormones Applied to Grain!

Some farmers apply **cyocel** to wheat, a synthetic hormone that regulates growth, time of germination and stalk strength. There is substantial evidence about the dangers of increasing our intake of hormone-like substances.

Mycotoxin Produced by Mold!

Mold (fungi) produces a toxin called mycotoxin. Contamination is especially common on staple foods such grains (especially corn) and peanuts. The most studied mycotoxins are aflatoxins. Aflatoxins are produced by Aspergillus species like A. parasitic and A. Flavus. Aflatoxin has been linked to higher rates of liver and lung cancer in humans. The aflatoxins are a group of fungal metabolites that contaminate many staple crops and cause an array of acute and chronic human health effects. The major concern is that aflatoxin is a by-product of mold and is frequently present in grains even if they are grown organically. High temperatures with high humidity set favorable conditions for this mold growth in crops, which makes it more common in storage units such as silos.

More Mold and Chemicals from Modern Storage Practices

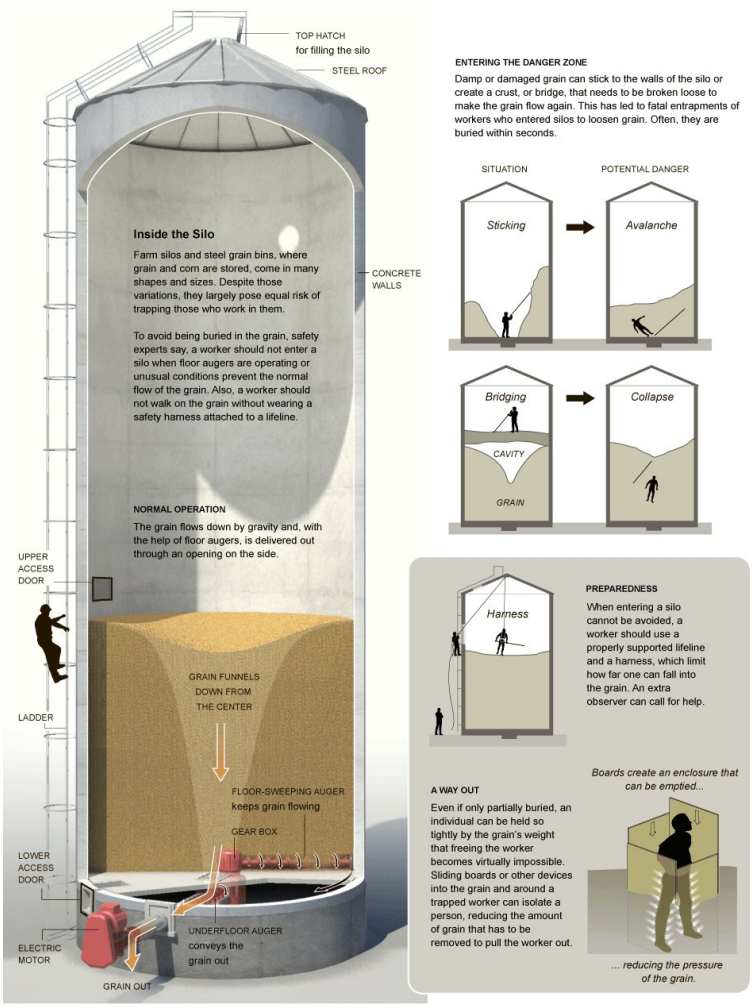
Heat within the storage unit degradates the fragile molecular bond of the grains. It makes the food rancid and oxidized. Rancid oils are characterized by free radicals. Free radicals trigger mutations in tissue, blood vessels, and skin. Damage to the skin causes wrinkles and premature aging. Damage to

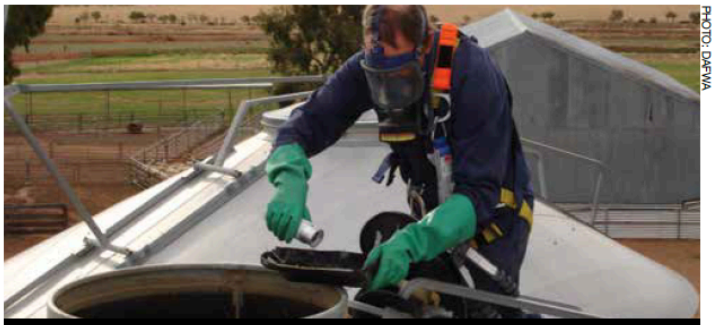
the tissues and organs sets the stage for tumors. Damage in the blood vessels initiates the buildup of plaque. New evidence links exposure to free radicals with premature aging, autoimmune diseases such as Arthritis and with Parkinson's disease, Lou Gehrig's disease, Alzheimer's and cataracts. Studies have repeatedly shown a high correlation between cancer and heart disease with the consumption of grains due to the polyunsaturated fats.

Rancid food is dead food. Dead food is not what our body wants to consume as a source of energy. It channels the energy from the body toward fighting the free radicals. The long storage of grains makes them vulnerable to several critters. Two of the fumigants used to combat this problem include methyl bromide and phosphine-producing materials, such as magnesium phosphide or aluminum phosphide. Bins are sprayed with insecticide, inside and out. These so-called “protectants” are then added to the upper surface of the grain and four inches deep into the grain to protect against damage from moths and other insects entering from the top of the bin.

Methyl bromide is highly toxic. It’s a skin and eye corrosive, affects the nervous system and caused malformation in embryos of test animals. Phosphine is acutely toxic and can cause respiratory, speech and motor disturbances, and spontaneous fractures.

It induces damage to genetic material in vitro.

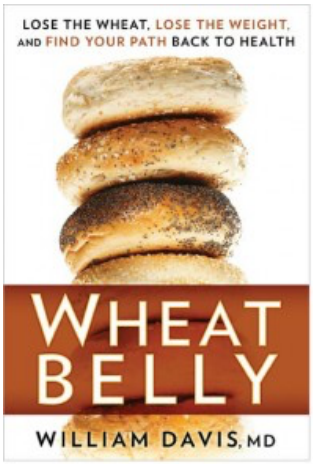



PHOTO: DAFWA

Avoid exposure: *Wearing full Personal Protective Equipment (PPE), work with phosphine in an open, well-ventilated area with the wind coming from the side.*

Excessive Hybridization

Grains, wheat have been hybridized to death. Some researchers claim it is more dangerous than genetic modification. Dr. William Davis, Author of "Wheat Belly: Biochemically Light-Years Removed from the Wheat of Just 40 Years ago" explains that our digestive system doesn't recognize today's modern wheat.



Dr. Davis explained on CBS News_there are other reasons to avoid wheat. “There's a new protein in this thing called gliadin. It's not gluten. I'm not addressing people with gluten sensitivities and celiac disease. I'm talking about everybody else because everybody else is susceptible to the gliadin protein that is an opiate. This thing binds into the opiate receptors in your brain and in most people, stimulates appetite, such that we consume 440 more calories per day, 365 days per year."

Increased Amount of Gluten

Gluten is a protein which enables bread to rise by forming gas cells that hold carbon dioxide during fermentation. Modern technology has increased the gluten in wheat, so it now contains about 80%

gluten. This hybridization has resulted in wheat with a much higher gluten content, which has caused symptoms such as gas, bloating, diarrhea, rashes, migraines, fatigue, arthritis, emotional issues and intense intestinal discomfort.

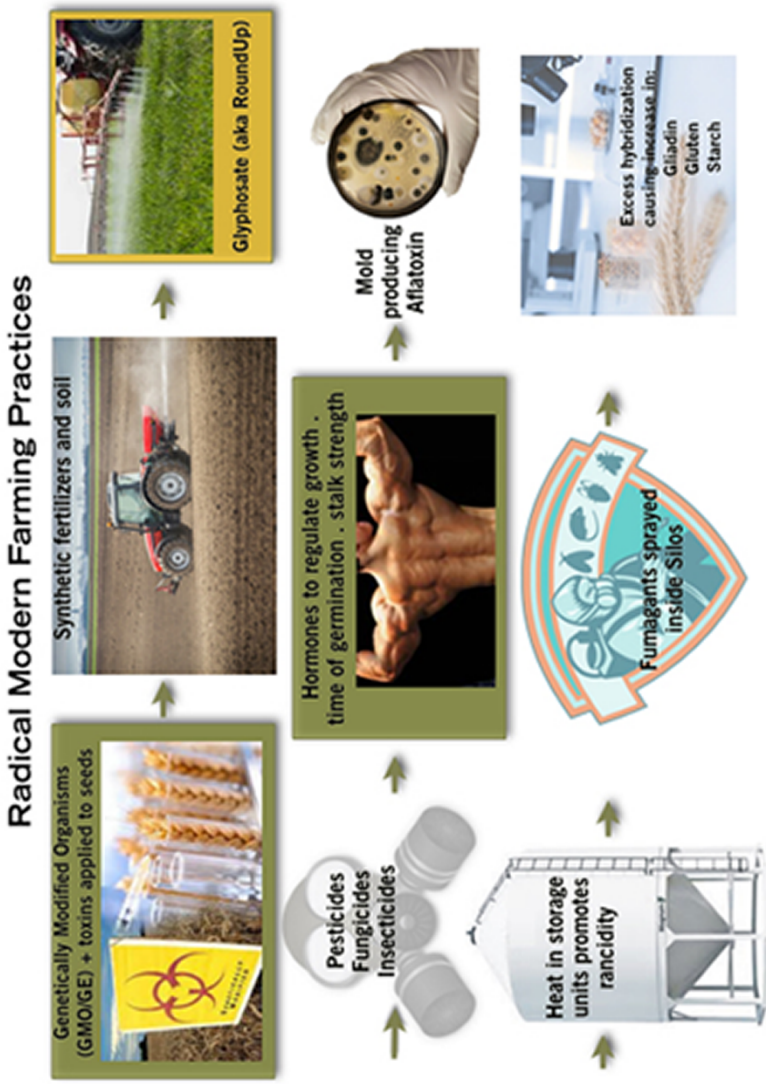
Neurologist Dr. David Permutter, Author of "Grain Brain", says, "The problem with gluten is far more serious than anyone ever imagined. Modern…structurally modified, hybridized grains contain gluten that's less tolerable than the gluten that was found in grains cultivated just a few decades ago" causing symptoms such as gas, bloating, diarrhea, rashes, migraines, fatigue, arthritis, emotional issues, and intense intestinal discomfort.

Increased Amount of Starch

Dr. Mark Hyman, Author of "The Blood Sugar Solution" writes, "This new modern wheat may look like wheat, but it is different in three important ways that all drive obesity, diabetes, heart disease, cancer, dementia and more. It contains a super starch, amylopectin A, that is super fattening, a form of super gluten super inflammatory, and [acts like] a super drug super addictive and makes you crave and eat more."

Your body reacts to this heavy starchy food as it reacts to pure sugar. It causes your body to scream through the ride of a sugar high/low roller coaster contributing to obesity. Dr. Davis writes that modern wheat is approximately 70 percent carbohydrate by weight. The carbohydrate is in a starch called amylopectin A.

Corn used to be mostly protein. Now it is mostly starch. The starches in wheat, corn, or a bowl of rice cereal break down quickly in your body into SUGAR and immediately do as much harm to your blood sugar regulation system as if you ate 40-60 grams of pure corn syrup or pure table sugar. Because of the decades of hybridization of ancient grains, today's grains no longer resemble the ancient grains our digestive systems should handle relatively easily.


Radical Modern Farming Practices
Genetically Modified Organisms (GMO/GE) + toxins applied to seeds
Synthetic fertilizers and soil
Glyphosate (aka RoundUp)
Pesticides
Fungicides
Insecticides
Hormones to regulate growth . time of germination . stalk strength
Mold producing Aflatoxin
Heat in storage units promotes rancidity
Fumagants sprayed inside Silos
Excess hybridization causing increase in:
Gliadin
Gluten
Starch

Modern Processing Methods

Modern processing methods of grains remove vital nutrients and create increased pesticide exposure for those that consume them.

Glyphosate is Even Used in Non-GMO Grain

Roundup® is usually used on RoundUpReady® GMO crops. Even though wheat is not a GMO crop, glyphosate is widely used to harvest it, and it is typically heavily contaminated with glyphosate. Roundup® (glyphosate) is directly applied to wheat fields just prior to the harvest stage to allow an earlier, easier, and bigger harvest. According to Dr. Stephanie Seneff of MIT who has studied the issue in depth, "when you expose wheat to a toxic chemical like glyphosate, it actually releases more seeds resulting in a slightly greater yield." This dousing of poison directly on wheat kernels has been routine for the past 15 years and was suggested as early as 1980. Using glyphosate on wheat crops has risen in tandem with the rise in celiac disease. It correlates to a greater degree than glyphosate usage on corn and soy. It disrupts the proper functioning of the gut and contributes to the permeability of the intestinal wall, which can cause

later expressions of autoimmune disease symptoms.

It is more dangerous than GMO wheat because wheat is not currently genetically modified or made "Roundup Ready®," meaning it is not resistant to its withering effects like GMO corn or GMO soy, so application of glyphosate to wheat would actually kill it. Those (who consume) are consuming glyphosates laced; wheat consumes the toxic chemical directly.

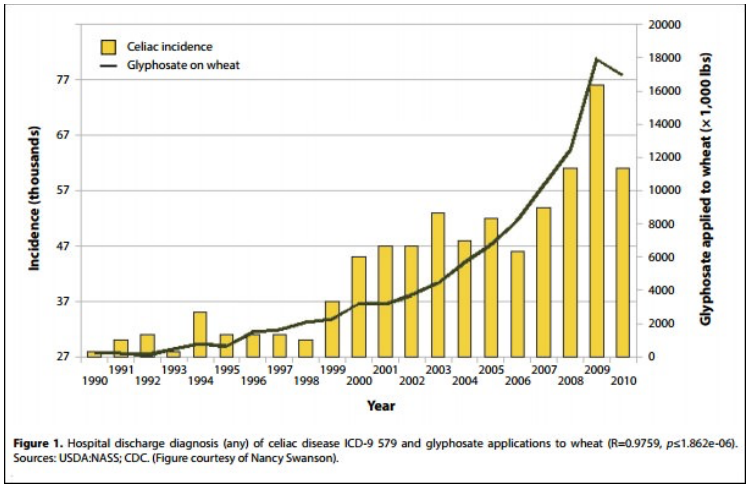


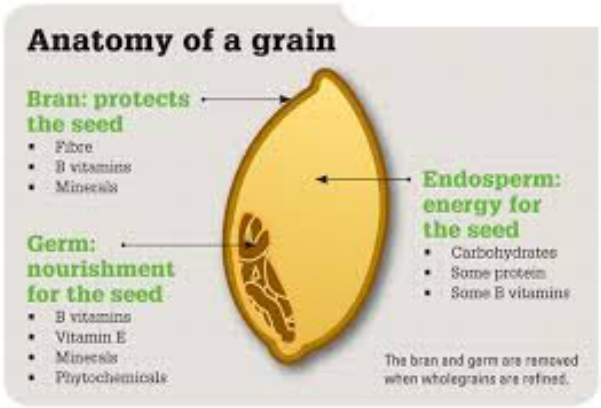
Figure 1. Hospital discharge diagnosis (any) of celiac disease ICD-9 579 and glyphosate applications to wheat (R=0.9759, *p*≤1.862e-06). Sources: USDA:NASS; CDC. (Figure courtesy of Nancy Swanson).

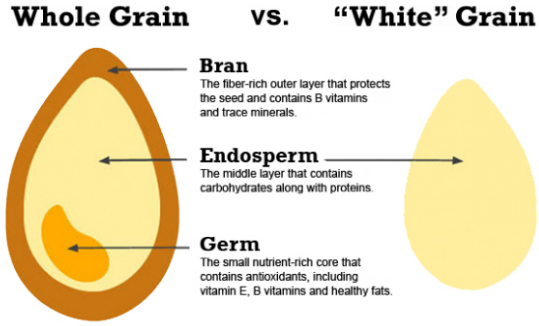
The chart shows skyrocketing applications of glyphosate to US wheat crops since 1990, and the incidence of celiac disease is from a December 2013 study published in the Journal *Interdisciplinary Toxicology* examining glyphosate pathways to autoimmune disease. Interestingly, wheat triggers no symptoms for some who eat it in

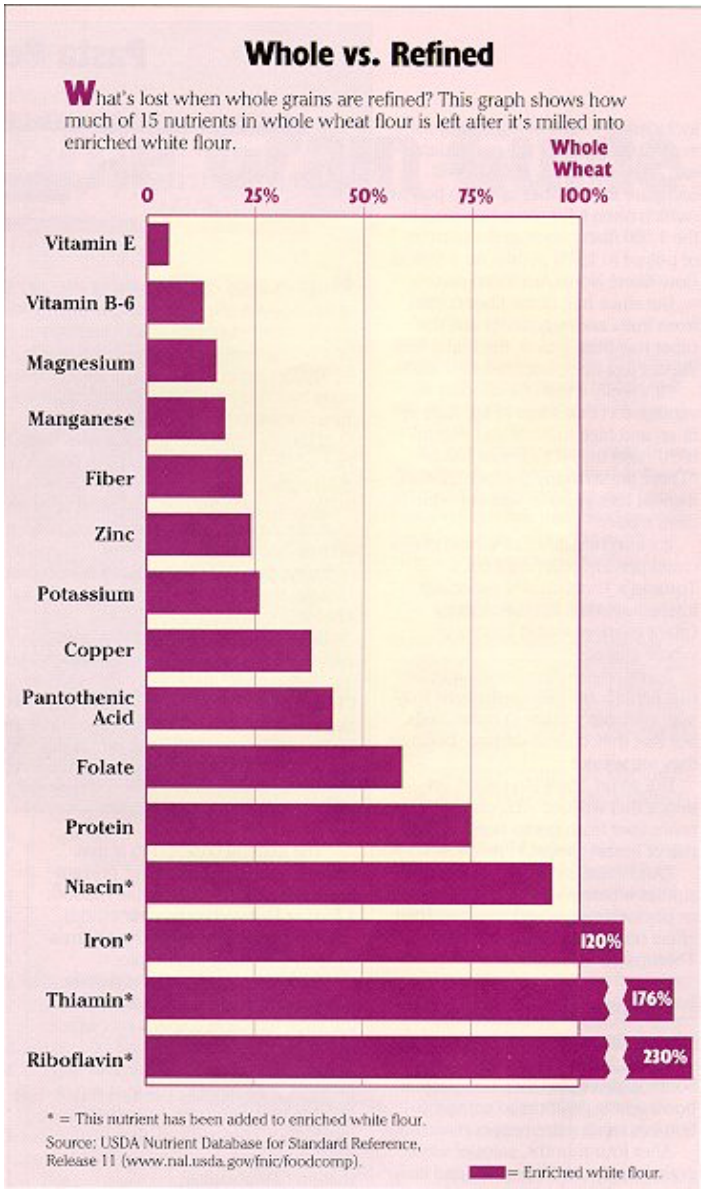
other parts of the world where an ancient form of its seed is used, and no glyphosate is sprayed prior to harvest.

Vital Nutrients are Removed

The damage inflicted on wheat does not end with cultivation and storage, but continues into milling and processing. Milling destroys the nutritional value of the grain.






Whole vs. Refined
What's lost when whole grains are refined? This graph shows how much of 15 nutrients in whole wheat flour is left after it's milled into enriched white flour.
Whole Wheat
0
25%
50%
75%
100%
Vitamin E
Vitamin B-6
Magnesium
Manganese
Fiber
Zinc
Potassium
Copper
Pantothenic Acid
Folate
Protein
Niacin*
Iron*
120%
Thiamin*
176%
Riboflavin*
230%
* = This nutrient has been added to enriched white flour.
Source: USDA Nutrient Database for Standard Reference, Release 11 (www.nal.usda.gov/fnic/foodcomp).
= Enriched white flour.

According to the Weston A. Price Foundation, here's what's lost by modern industrial processing.

Thiamine (B1) 77%
Riboflavin (B2) 80%
Niacin 81%
Pyridoxine (B6) 72%
Pantothenic acid 50%
Vitamin E 86%
Calcium 60%
Phosphorous 71%
Magnesium 84%
Potassium 77%
Sodium 78%
Chromium 40%
Manganese 86%
Iron 76%
Cobalt 89%
Zinc 78%
Copper 68%
Selenium 16%
Molybdenum 48%

The modern roller mills remove the healthiest parts of the kernel and make modern flours nutritionally deficient. Until industrialization, wheat flour contained the bran and germ of the kernel. A grain kernel comprises three layers: the *bran*, the *germ,* and the *endosperm*. The bran is the outside layer where most of the fiber exists. The germ is the

inside layer where many nutrients and essential fatty acids are found. The endosperm is the starchy middle layer. The high nutrient density associated with grains exists *only* when these three are intact. The term *whole grain* refers to the grain before it has been milled into flour. Prior to the late nineteenth century before the invention of high-speed milling machines, white flour and sugar were not part of the mainstream diet.

Whole grain foods are higher in fiber because the wheat germ and bran have not been processed out of them. Whole grain foods are digested more slowly, leaving you feeling fuller for a longer.

Whole grain foods have more nutrients than "enriched" foods. Whole grains are not processed as starch, so they don't throw your body into a sugar dependency cycle.

High Speed/High Heat Steel Mills Contributes to Rancidness

Traditionally, large stones were used to grind flour between the stones. The final product contained everything that was in the grain, including the germ, fiber, starch and a wide variety of vitamins and minerals. It was 100% stone ground whole grain. Fresh stone-ground flour spoils quickly without

proper refrigeration or chemical toxic preservatives. After wheat has been ground, natural wheat-germ oil becomes rancid at about the same rate that milk becomes sour, so refrigeration of whole grain breads and flours is necessary.

The modern manufacturer's answer has been to apply high-speed, high heat steel roller mills processing since grinding stones are not fast enough for mass-production. This aggressive process ejects the germ and the bran. Much of this "waste product" which is the most nutritious part of the grain is sold as 'byproducts" for animal feed. Also, the heat from high speed and powered mills destroy the fragile grain's molecules making it go rancid. The resulting white flour contains only a fraction of the nutrients of the original grain. Even whole grain flour is compromised during the modern milling process. High-speed mills reach 400 degrees Fahrenheit, and this heat destroys vital nutrients and creates rancidity in the bran and the germ. Vitamin E in the germ is destroyed–a real tragedy because whole wheat used to be our most readily available source of vitamin E.

Laced with Synthetic and Hormone Depleting Conditioners and Bleaching agents

Did you know that eating the wrong kind of bread can suck the life out of you?

Consuming the wrong kind of bread can literally deplete your energy but choosing the right kind can actually increase your vitality.

Unfortunately adding toxic ingredients to grain can throw your hormones off and create imbalance causing cascading inflammatory effects.

I want to share with you two toxic ingredients; Bromine and Alloxan that are often added to commercially baked goods and can be very disruptive to your hormones and hurt your overall health.

Bromine

Bromine is an oxidizing agent that is added to commercial breads and baked goods. Commercial bakeries substitute Bromine (aka potassium bromate,) as a dough conditioner because it makes breads easier to shape, allows for faster mixing,

strengthen and soften dough, and also reduce the staling of bread.

Although a simple recipe for bread includes; flour, water, salt, yeast or sourdough starter, commercial bakers find it impossible (not cost effective) to obtain consistent-looking bread with just these four simple ingredients without the use of potassium bromate.

For nearly 80 years before the introduction of potassium bromate, these bakeries instead added potassium iodate to bread as a dough conditioner but stopped using it in the early 1970s due to the iodophobia.

Idophobia is a fear of consuming too much iodine and can be traced to a study done by Wolf-Chaikoff paper which advised bakeries to stop using potassium iodate based on their study that rats showed the reduction in a their thyroid hormone levels which was caused the ingestion of large amount of iodine.

This insignificant and surprising study on iodophobia made room for an alternative to potassium iodate, Synthroid. This new solution for consumers to avoid thyroid problems began a few months after the Wolf–Chaikoff paper was published. The timing of this paper and the lack of

its comprehensive science behind is not coincidental, but a ploy to sell more Synthroid.

The manufacture's of Synthroid released it is at "wonder" drug and bakeries began using potassium bromate instead of potassium iodate.

Since this change, it has been found that Potassium bromate has been discovered to be toxic and every effort should be made to avoid bromated bread and pastas. When commercial bakeries reacted to the Wolff-Chaikoff study and replaced potassium iodate with potassium bromate, consumer's daily intake of iodine dropped significantly which causes many health problems.

Bromine has been scientifically found to destroy the iodine in your body and is found in our food supply, particularly in products made from brominated flour such as bread, pasta, and cereal. Bromine produces brominated halogen, which binds to iodine and leaches it out. Bromide appears to play a large role in the rising levels of iodine deficiency.

Dr. David Brownstein explains this serious problem in his book *Iodine: Why You Need It, Why You Can't Live Without It*. Iodine is part of a class of elements known as halogens that include bromine, chlorine, fluorine, iodine and astatine.

Bromine has a weight that is very similar to iodine and competes for binding in the body. It binds to iodine receptors in the thyroid gland.

Remember, iodine is necessary to your thyroids to help produce hormones. Without iodine, our body doesn't have enough hormones and your hair dries out, becomes brittle, and falls out, your skin loses its shine and elasticity, joints start feeling pain, you start losing energy, libido, mood and on and on.

Nearly every time you eat bread, pasta or a baked good commercially made for grocery stores or served at a restaurant (no matter how fancy it may be,) you are consuming Bromine.

Because commercial bread using modern grains is so prevalent, this is why there is a Bromine overload epidemic and iodine deficiency in western cultures.

In 2007, Chinese authorities pulled a batch of imported snack chips from store shelves because they believed the chips contained potassium bromate, a food additive banned in China. Potassium bromate is also illegal in the European Union, Canada, Brazil and elsewhere because it causes cancer in rats and humans.

In recent toxicology studies, researchers discovered bromine in urine and samples that were TWENTY times higher than in the 1970's.

Bromide is found in beverages (Mountain Dew, AMP Energy Drink and Gatorade), commercial bread (as potassium bromate), on berries to preserve them, ozonated water, toothpaste, mouthwash, flame retardants, permanent wave solution, hair dye, textile dye and pesticides.

Alloxan and Other Bleaching Agents

Alloxan is the by-product of the process of chemically bleaching flour.

Before Alloxan became common practice, flour was whitened using traditional practices by leaving it out and exposing it to air. That process took a few days, which caused more, cost, labor and time.

By chemically bleaching the flour, commercial bakers can save time and money because they are able to turn the flour white quickly and efficiently.

Modern mills cause grains to become rancid through high heat and removing healthiest parts of the kernel. Grains that go through a bleaching process become toxic.

Bleached flour is processed using chemicals like, commonly benzoyl peroxide and chlorine gas, among others to speed up the flour's aging process.

This results in whiter, finer-grain flour with a softer texture. Many food producers favor bleached flour because it has a softer texture, better volume, and brighter color than those made with unbleached flour. This is more palatable to unassuming consumers and increases sales for the manufacturer of the food.

Alloxan can make your blood sugar spike up and down as a diabetic person's insulin would. And it is literally used and injected in lab animals to make them diabetic so that diabetic drugs can be tested on them.

According to Dr. Erick Kelly, elevated insulin forces a woman's body to skyrocket her testosterone levels.

Testosterone gets converted to Dihydroptestoster -one (DHT).

Harvard Health states "Excess insulin can cause [a woman's] ovaries to make extra male hormones… the more testosterone a woman has, the more testosterone gets converted to DHT."

DHT is a hormone that destroys your hair follicle. Did you know 99% of hair loss triggers are hormone related!

Women who have elevated testosterone, not only have a high amount of hair loss, they also have a host of unwanted symptoms like …

- Weight gain that is primarily, but not limited to, the midsection
- Excessive facial hair and body hair
- Moods swings
- Irregular menstrual cycles
- Anxiety and depression

Enriched with Synthetic Nutrients After Vital Nutrients are Removed

Because valuable nutrients are removed from the grain by the bleaching process, the flour is then enriched by the bakeries. “Nutrients” are added to enrich the flour. That may sound okay for consumers, except when you consider that the nutrients that are added are synthetic in form. For instance, the iron added is not really the kind naturally in whole grain and assimilated by our bodies. It is a metallic iron, which is not bioavailable to the human body. These synthetic vitamins often can be harmful to us.

Literally, dozens of dough conditioners and preservatives go into modern bread, and toxic ingredients like partially hydrogenated vegetable oils and soy flour. Soy flour – loaded with antinutrients – is added to virtually all brand-name breads today to improve rise and prevent sticking. The extrusion process, used to make cold breakfast cereals and puffed grains, adds insult to injury with high temperatures and high pressures that create additional toxic components and destroy nutrients– even the synthetic vitamins added to replace the ones destroyed by refinement and milling.

Collectively, we have become accustomed to the mass-produced, gooey, devitalized, and nutritionally deficient breads and baked goods and have little recollection of how real bread should taste. Chemical preservatives allow bread to be shipped long distances and to remain on the shelf for many days without spoiling and without refrigeration.

Dr. Price observed the consequences of these dietary changes in tooth decay, palate malformation, fertility, mental health disease during his documented travels.

To harmonize your hormones, avoid commercially baked good where Modern Grains and processing are used.

Untreated Phytic Acid Blocks Mineral Absorption

Grains require careful preparation because they contain several anti-nutrients that can cause serious health problems. Phytic acid, for example, is an organic acid in which phosphorus is bound. It is mostly in the bran or outer hull of seeds.

Phytates bind to minerals (calcium, magnesium, copper, iron and especially zinc) and blocking their absorption. Untreated phytic acid can combine with calcium, magnesium, copper, iron and especially zinc in the intestinal tract and block their absorption. This is why a diet high in improperly prepared whole grains may lead to serious mineral deficiencies and bone loss. The modern misguided practice of consuming large amounts of unprocessed bran often improves colon transit time at first, but may lead to irritable bowel syndrome and, in the long term, many other adverse effects.

Untreated Enzyme Inhibitors Hinder Proper Digestion

Enzymes are substances produced by a living organism that acts as a catalyst to help digest the food. Other ant nutrients in whole grains include enzyme inhibitors, which can inhibit digestion and put stress on the pancreas; irritating tannins; complex sugars which the body cannot break down; and gluten and related hard-to-digest proteins which may cause allergies, digestive disorders, and even mental illness. Most of these ant nutrients are part of the seed's system of preservation—they prevent sprouting until the conditions are right. Plants need moisture, warmth, time and slight acidity to sprout.


Modern Methods of Processing of Flour
RoundUp (Glyphosate) maybe sprayed prior to harvest to allow an earlier, easier and bigger harvest
Grain is harvested
High speed/high temperature steel mills removes healthiest parts of the kernel making flour nutritionally deficient
Whole Grain
vs.
"White" Grain
Bran
Endosperm
Germ
High speed/high temperature steel mills make fragile grain rancid
Dough conditioner & preservatives added
"enriched" with synthetic form of vitamins that isn't recognized and isn't bioavailable to the human body
Benzoyl peroxide and chlorine gas are used to bleached the flour making it whiter, finer grain flour with a softer texture
Antinutrients
(Phytic Acid & Enzyme Inhibitors)
remain
The "white" flour contains a fraction of the nutrient of the original grain

Diseases and Conditions Associated with Consuming Modern Grain

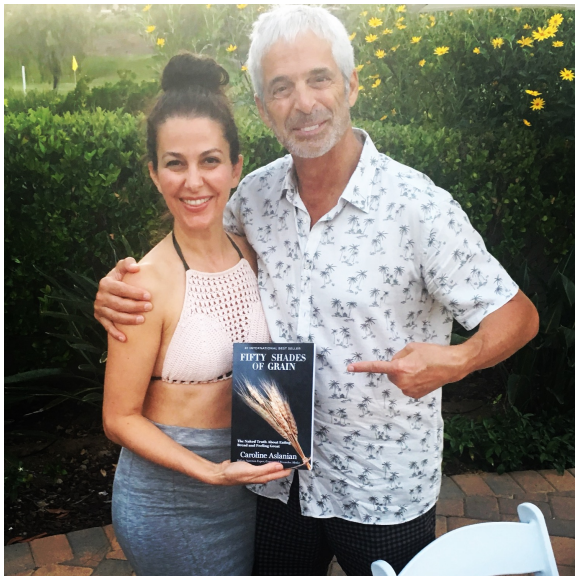
Consuming *modern grains* cause systemic inflammation. Here are diseases and conditions associated with this inflammation:

- Gastrointestinal disorders
- Obesity
- Diabetes
- Heart Disease
- Depression
- Autism
- Infertility
- Cancer
- Multiple Sclerosis
- Alzheimer's disease

Even if you are not officially "*gluten intolerant*" or "*gluten sensitive,*" it would benefit you to stay away from modern grains for many reasons. There are hundreds of published studies that indicate that gluten can cause inflammation in your digestive system and other autoimmune problems. It may even cause "permeability" in your gut, which can lead to a health condition that's on the rise called *Leaky Gut.* Some people who follow a gluten-free diet may actually have a legitimate health concern.

Some others do it out of fear of all things gluten or a misplaced desire to lose weight.

People without celiac disease avoiding gluten (a.k.a. PWAGs) are often stigmatized as faddish foodies or placebo-addled hypochondriacs who don't understand the science behind a serious health problem. There are hundreds of research confirming that gluten causes leaky gut and insulin resistance that can lead to weight gain, autoimmune issues, type 2 diabetes and much more.



Dr. Tom O'Bryan approving the message in the book. It's wondering when people from different camps come together having the most productive and meaningful conversation that is in alignment with the big picture around a topic that is so controversial.

There is growing evidence show that gluten sensitivities exist outside the realm of celiac disease. Look at the amazing works of Dr. Tom O'Bryan, Peter Osborn, Dr. Michael Marsh, Dr. Umberto Volta, Aristo Vojdani PhD to see how real gluten sensitivity is.

One Diet Does Not Fit All

It seems like once every few years, there is a new diet fad that is making a killing: Paleo diet, Ketogenic diet, and remember Atkins diet? They all make a strong case against carbohydrates. Although parts of each of those diets make a lot of sense and when followed serve a lot of people, in general and followed for a long period of time may leave the body depleted of nutrients. I wish to leave discussing and comparing each diet in general to another time. It deserves its own book. In this section, I want to keep the focus on grains in one's diet. I want to share my thoughts on Dr. David Permutter's book *Grain Brain: The Surprising Truth about Wheat, Carbs, and Sugar—Your Brain's Silent Killers*. This book talks about carbohydrates and sugars in general. To keep the focus on just grains because *Fifty Shades of Grain's* focus is on grains, I'll keep the review of Dr. Permutter's book focused just on grains.

Dr. Perlmutter addresses the fact that modern grains often bear little resemblance to ancient grains. On page 8 he shares "… [Because of] modern hybridization and gene-modifying technology, the 133 pounds of wheat that the average American consumes each year shares almost no genetic, structural, or chemical likeness to what hunter-gatherers might have stumbled upon". Besides recommending complete elimination of grains from one's diet, Dr. Perlmutter further advises to radically restrict carbohydrate consumption to merely 60 grams per day. That is about two ounces a day which is equivalent of a single piece of fruit per day. Not to deviate from the subject of grains, it is important to keep a perspective. Not all carbohydrates and sugars are treated equally by the body. Refined carbs and sugars and processed foods are destructive to one's health. That is not only obvious. It has been proven by research.

One of the reasons why these diets especially those that cull for elimination of carbohydrates work is due to the fact that people who follow the protocol usually also end up eliminating the refined version of the carbohydrates from their diet which in and of itself helps reducing the inflammation especially bloating feeling in the body. People may see wonderful results also because their body may be so inflamed that eliminating any sort of grain from

their diet is helping them reset their system. I know because we as a family saw and felt wonderful results from eliminating grains from our diet. It served us well in that short time. And let's not forget that the body will react dramatically whenever there is a dramatic shift. Eliminating grains is dramatic. The trick is to keep the magic of feeling and looking your best alive, pleasurable, nourishing, practical and sustaining for a lifetime.

As far as limited carbohydrates and grains are concerned, I have studied centenarians who display longevity and vitality and their consumption of grains and sugars. Not only they consume foods that some experts deem dangerous such as large amounts of saturated fats, large amounts of animal protein (with Loma Linda centenarians being the exception. Loma Linda is NOT a Blue Zone but rather represents a large community of 7th Day Adventists who follow a vegetarian diet), healthy amount of carbohydrates and limited amount of real sugars, I have noticed that centenarians don't care about gluten in their grains. It isn't that they are living in ignorance. What they all have in common and they know from knowing deep from within is that they eat food that is sourced locally, seasonally and processed in a way that is pure, clean and following traditional methods. Because they follow their ancestors' wisdom, they do not have to be concerned with worries that plague us living the

modern lifestyle. They don't deny themselves the foods that nourish their souls. They don't feel guilty about eating real food. They do not count calories. They know from deep within that they are biochemically individual. They do not follow one type of diet. They intuitively know that not one diet is optimal for everyone. Different family members within the same household may follow a different diet plan. The important thing is that they do what works for them individually keeping real food that is sourced locally, seasonally and processed using traditional methods as a common thread.

They are free from the burdens that we place on ourselves. They have freedom to enjoy the simple pleasures that life has to offer such as enjoying eating real food: all by following the simple ancient wisdom passed on by generations. It is crazy making how much we are dissecting our food. We are sucking the pleasure out of it. The body and the brain not only need healthy amount and kind of fats, they also need certain supply of glucose. Although our body can manufacture glucose from protein and use ketone bodies from fat metabolism, most of us need additional source of carbohydrates, which ideally should come the unrefined carbs.

From reading Fifty Shades of Grain, you are seeing that there is so much more to grains then simply gluten issues. There are so many factors and culprits

that contribute towards rendering the modern grain not only nutrition-less but toxic to the body:

- Genetic modification,
- Excessive hybridization,
- Use of chemicals, pesticides and herbicides (in soil, on plant and in storage)
- Mold inducing conditions
- Modern storage conditions causing rancidity and perpetuating the mold condition
- Removal of vital nutrients
- High speed/high heat milling
- Synthetic preservatives and vitamins added

All these cause the fragile grains to become rancid and unrecognizable and toxic to the body. Don't throw the baby out with the bath water. Get rid of the dirty toxic grain and keep the nourishing and life-giving grains. The realness of gluten sensitivity is not being disputed here.

Celiac Disease

If you have damage to the tiny, fingerlike protrusions lining the small intestine called villi, the body cannot absorb nutrients properly, leading to malnutrition, regardless of the quantity or quality of food eaten. Villi allow nutrients from food to be absorbed into the bloodstream. This can lead to celiac disease. Those suffering from it must abstain

from gluten in all forms. Unfortunately, celiac disease can be misdiagnosed as irritable bowel syndrome, Crohn's disease, diverticulitis, intestinal infections, iron deficiency, anemia and even chronic fatigue syndrome. It is estimated that about one percent of the U.S. population has celiac disease. People with non-celiac gluten sensitivity generally have an unpleasant response to eating gluten. Symptoms can be similar to those of IBS (irritable bowel syndrome): bloating, diarrhea, and flatulence following the consumption of gluten-containing foods. They may also experience headaches or fatigue following the consumption of gluten. Unlike a true celiac sufferer, these reactions may not occur every time gluten is eaten. For the increasing population of celiac sufferers, even minute traces of gluten can cause terrible discomfort, but symptoms of gluten sensitivity are generally much milder. Never the less, it could lead to host of diseases including cardiovascular disease, cancer, autoimmune diseases, Alzheimer's, Schizophrenia, depression, metabolic syndrome, if those symptoms (low grade inflammation) aren't addressed. Health conscious individuals honing their diet are turning to gluten-free products. Read below to avoid the pitfalls of buying gluten free products with other inflammatory ingredients.

Benjamin Lebwohl, the Director of Clinical Research at Columbia University's Celiac Disease

Center, estimates that more than half of the 3.1 million PWAGs observed in this latest study have legitimate, non-celiac gluten sensitivity. This has only emerged in the past five years in the medical literature. And the list goes on and on and on … I am merely sharing my wisdom gathered through observational research studying many different cultures, religions and diets around the world especially of centenarians. We can learn a lot from the leanest, healthiest and longest living people on earth. Centenarians are our living connection and proof to ancient wisdom.

Increases Aging

High blood sugar blunts the ability of your body to release growth (youth) hormones in charge of making you look and feel younger. These huge spikes in your blood sugar damage your cells in your body through a process called glycation, which accelerates the rate of aging in your joints, skin, organs, and even your brain. The blood sugar spike and later insulin surge from these modern grains makes your body work hard (taxing on and zapping energy from your other organs) to get all that sugar out of your blood and into cells (usually fat cells), and that causes a big drop in your blood sugar hours later. This makes you CRAVE more carb-based or sugary foods. The result of this is a constant wild roller coaster ride of blood sugar and insulin all day long, leading you to eat more calories in any day.

The Bottom Line

The bottom line is that avoidance of modern grains in the United States is imperative, even if you have no gluten/grain allergy/sensitivity or intolerance. If you have a strong foundation and don't demonstrate any gluten sensitivity, you may be able to easily switch to consuming ancient grains prepared traditionally. Because we haven't lived all

of our lives in a bubble following centenarian lifestyle, for some of us it may require a little time to set the right foundation and get out micro biota in balance by eliminating inflammatory ingredients while incorporating proper nutrition. Restricting carbs including modern or ancient grain seems to help many people recover from damage done to the gut by modern world lifestyle and habits such as use of antibiotics, exposure to toxins, overly sanitized lifestyles, lack of fermented foods, and poor dietary habits.

Once we adopt a healthy lifestyle, once we heal from the many traumas that are caused by what we put in our mind, body and soul, we may slowly introduce ancient grains into our diet. I believe we can live like a centenarian in a modern world without moving into a bubble. I know that for a fact because that is what I was able to do with my family in a city. I have helped hundreds of clients learn how to source food and eat real food that tastes great.

Imagine being able to lose weight effortlessly and keeping it off without deprivation, feeling guilty or counting calories. As a student, I dreaded “counting calories” and analyzing DRIs (Dietary Reference Intakes). DRI is an estimate of one’s minimum daily nutrient needs before onset of disease. I complained every time I was asked to count calories

for a practice client because it didn't really offer any practical solutions to an underlying issue. Unless one is very ill, malnourished, needs to gain weight or is an athlete and needs to make sure that they are receiving enough calories, counting calories is a wasteful and dangerous task. Even then, making sure that the calories received are from real whole food source and not inflammatory is an extremely important in the equation. If I, as a nutrition expert, find calorie counting frustrating and useless, I am not sure how exciting it is for the person struggling to lose weight; adding more stress and overwhelm to their lives. It is not just about being disease free. It is about thriving, having longevity and vitality.

As a holistic nutrition expert and guide, I am looking at a whole person knowing that there is more to life and living then counting calories. As practitioners, we will need to offer not only advise beyond Calories-In, Calories-Out, we need to offer deeper and more practical guidance. Back to eating the right kind of bread…. 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. Instead, consume organically grown and harvested grains which have been processed following ancestral wisdom.

Consume only if ALL these are in place:

- **Organically/sustainably grown**
- **Traditionally processed**
- **When your body is in balance and able to handle the inflammatory reaction**

Health Promoting Breads

Not all bread is automatically bad for your health. There are health-promoting breads! Breads organically grown, stone ground breads and sourdough offer options you can explore.

Organically/Sustainably Grown

Since these forms of farming do not allow synthetic, carcinogenic chemicals and fertilizers, purchasing organic or biodynamic wheat assure that you are getting the cleanest, most nutritious food possible. It also automatically eliminates the possibility of irradiation and genetically engineered seed. Consume grains that are unrefined and prepared in ways that not only preserve them but enhance their nutrition.

Stone Ground



Slow-speed, steel hammer-mills are often used instead of stones, and flours made in this way can list "stone-ground" on the label. This method equals the stone-ground process and produces a product equally nutritious. Any process that renders the entire grain into usable flour without exposing it to high heat is acceptable.

The Sourdough Answer

Sourdough removes phytic acid and enzyme inhibitors while predigesting the food increasing nutrient density. Sprouting, soaking and genuine sourdough leavening **"pre-digests"** grains, allowing

the nutrients to be more easily assimilated and metabolized. Pre-digesting the food increases nutrient density. This is an age-old approach practiced in most traditional cultures. Sourdough made the old-fashioned way, with hours of fermentation and naturally occurring yeast in the air aid the digestion process by allowing bacteria to break down the carbohydrates and gluten in the bread. Long-fermented wild yeast breads (sourdough) are a great option.

It involves soaking for a period in warm, acidulated water to prepare porridge, or long, slow sourdough fermentation in making bread. Such processes neutralize phytic acid and enzyme inhibitors. Vitamin content increases, particularly B vitamins. Tannins, complex sugars, gluten and other difficult-to-digest substances are partially broken down into simpler components that are more readily available for absorption.

A small study in Italy in 2011 included giving subjects with celiac disease a little traditionally prepared sourdough bread. The volunteers (subjects) in the study reacted well to the sourdough. The Sourdough bread had been fermented until the gluten within it was degraded. Although this study is promising, it is too soon to subject people with celiac disease to any of grains, even sourdough. Many safety margins are needed to

guarantee a uniform result. There is a lot of confusion and mystery around gluten sensitivity whereas Celiac disease has been studied and well understood as an autoimmune disorder.

Could sourdough bread prepared the slow old-fashioned way be a solution to those with gluten intolerance?

For those with "gluten intolerance" which is more commonly known as non-celiac gluten sensitivity, "the sourdough process may increase tolerance for consuming the bread" says Alessio Fasano, Director of the Center for Celiac Research at Massachusetts General Hospital.

When grains are properly prepared through soaking, sprouting or sour leavening, the friendly bacteria of the microscopic world do some of our digesting for us in a container, just as these same *lactobacilli* do their work in the first and second stomachs of the herbivores. Sprouting begins germination, which increases the enzymatic activity in foods and inactivates substances called *enzyme inhibitors*. These enzyme inhibitors prevent the activation of the enzymes present in the food and, therefore, may hinder optimal digestion and absorption. Soaking neutralizes phytic acid, a component of plant fiber in the bran and hulls of grains, legumes, nuts, and seeds that reduce mineral absorption. These benefits

may explain why sprouted foods are less likely to produce allergic reactions in those who are sensitive.

Sprouting also causes a beneficial modification of various nutritional elements. According to research undertaken at the University of Minnesota, sprouting increases the total nutrient density of food. For example, sprouted whole wheat was found to have 28 percent more thiamine (B1), 315 percent more riboflavin (B2), 66 percent more niacin (B3), 65 percent more pantothenic acid (B5), 111 percent more biotin, 278 percent more folic acid, and 300 percent more vitamin C than non-sprouted whole wheat. This phenomenon is not restricted to wheat. All grains undergo this quantitative and qualitative transformation. These studies also confirmed a significant increase in enzymes, which means the nutrients are easier to digest and absorb. Proper preparation of grains is a kind and gentle process that imitates the process that occurs in nature.

Limit Consumption

While our ancestors ate whole grains, they did not consume them as much as we do in modern society. Today, these grains are often presented in our modern world in quick-rise breads, granolas,

bran preparations and other hastily prepared casseroles and concoctions. Our ancestors, and virtually all pre-industrialized peoples, soaked or fermented their grains before making them into porridge, breads, cakes, and casseroles. My travels and research into Centenarians and cultures around the world that practiced the traditional ways confirm that. There are ready baked alternatives. Look for organic sourdough or sprouted breads freshly baked or in the freezer compartment of your market or health food store. If bread is made entirely with 100 percent stone-ground whole grains, it will state so on the label. When bread is stone ground and then baked, the internal temperature rarely exceeds 170 degrees, so most nutrients are preserved. As they contain no preservatives, both whole wheat flour and its products should be kept in the refrigerator or freezer. Stone-ground flour will keep for several months frozen.

It's not Gluten Alone, and Gluten Alone is not a fix for all

Spelt, kamut and other related ancient grains contain gluten, but some people who claim to be gluten sensitive can eat them without having digestive problems. Why? It's not the gluten alone. It's a combination of all the things done to modern

and other industrialized grains. The food industry, never one to miss a good opportunity, is milking the "gluten free" craze by producing products that are gluten free… but not necessarily free of other inflammatory ingredients and processes. As I am quoted frequently by my kids when they try to grab a food product that says "gluten-free" and the list of ingredients are non-nourishing … "just because it is gluten free, doesn't mean it is crap-free."

Don't Fall for the Nutrition Label Claims

The label may say "rich in fiber," "whole grain," "heart healthy," or "a good source of vitamins and minerals." Almost ALL breads and cereals out in the market are made with modern grains and processing methods. As a Holistic Health Expert who has researched experientially through traveling the world, reading the works of scientists, interviewing scientists and helping clients overturn chronic disorders, modern grains don't have the positive effects that ancient grains have on our bodies. Modern grains wreak havoc on your hormones and spike your blood sugar to dangerously high levels regardless of whether the grain is wheat, rice or gluten free. This results in a cascade of fat storing hormones to be released in your body and cause more carb cravings in the day.

And estimated 1% of the populations are effected by Celiac disease. Rate of this disease is on the rise. About 29% of the population in the U.S is avoiding gluten in their diet. Gluten-free products and the category is big business. Almost everyone seems to know the name of a wheat protein that no one outside the science community could name twenty years ago. Avoid the pitfalls of buying gluten free products with other inflammatory ingredients.

Beware though that gluten-free products on average are a whopping 242% pricier than the gluten-containing versions.

Recommended Brands

Here are my favorite local resources:

Amanda and Scott Peterson of **Oat's and Ivy Farm** are launching their own CSB(Community Supported Bakery/Bread) program in Somis, legally baking at home as granted by the 2013 Cottage Food Act (AB1616). Using long fermented whole grain flour as the cornerstone of their process, the Oat's & Ivy bread will be some of the healthiest and most delicious you will find in Ventura County.

Thierry from **Les Delices Du Four French Bakery**
Farmer's market
Westlake Village
Sells delicious fermented organic sourdough

Prager Brothers
(760) 703-1904, Carlsbad, CA

Josey Baker
Baker Bread

Andy Kadin
Bub and Grandma's

Nan Kohler
Grist and Toll

Nathanael Siemens
Fat Uncle Farms

Alex Weiser
Tehachapi Grain Project

Crystal White
Wayfarer Bread

Chuck Barth
Slow Food Ventura County, Connector

Roxana Jullapat
Friends & Family

More resources and bakeries throughout the U.S where you can get sourdough, soaked or sprouted breads made from freshly ground organic whole grain flour, without additives such as gluten, soy, bran and partially hydrogenated oils.

Pain Au Levain Bread
Sourdough Rye Bread
Acme Bakery
(510) 524-1327 - http://acmebread.com/

Russian Sourdough Bread
Sourdough Rye Bread
Vital Vittles
(510) 644-2022 - http://www.vitalvittles.com

Sunflower Seed Bread
Lydia's Organics
(707) 992-0776 - http://www.lydiasorganics.com

Sourdough breads
Prager Brothers
(760) 703-1904, Carlsbad, CA -
http://www.pragerbrothers.com

Mill using whole grain stone milling
Grist & Toll
(626) 441-7400 - https://www.gristandtoll.com/our-flour/

Artisan breads
Bleu Foods
760-914-2538 Mammoth Lakes, CA -
http://www.BleuFoods.com

For a complete list of healthy breads, Weston A. Price Foundation has a wonderful **web-based shopping guide**. Sort your search to breads and rating to "Best" to find a store near you or online. Also in iPhone, mobile app.
http://www.findrealfoodapp.com/category/bread

Shopping Guide

For Finding the Healthiest Foods in Supermarkets, Health Food Stores and by Mail Order



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Artisan Sourdough Bread Recipe

For those who are talented and wish to bake, here is a fantastic recipe.



Ingredients:

- 2 1/3 cups fresh sourdough starter
- 3 1/3 cup flour
- 1-1 1/2 cup water
- 1/2 Tbsp. salt

Preparation:

1. Mix sourdough starter, flour, and salt together. Use enough water to make bread dough. (A moist dough is preferable to a dry dough.)
2. Knead dough until it passes the "window pane test": a small piece of dough will stretch between four fingers without breaking thin enough to allow light to pass through.
3. Shape the dough into a loaf. Place in a pan or proofing basket, or on a board. Cover lightly with a towel and allow the dough to rise for 4-24 hours. If desired, a short (4 hours) proofing period can be used and the dough can be punched down, reshaped, and allowed to rise a second time, but a second proofing period is not required
4. Slice an X shape in the top of the loaf with a very sharp knife or razor blade.
5. Bake at 400°F until the internal temperature reaches 210°F. (Use a meat thermometer inserted into the bottom or side of the loaf.) Bake 30-60 minutes (depending on loaf size). Cool before slicing.

Recipes from Cultures For Health

More Tips from a Holistic Nutrition Expert



Want a trimming waistline and less belly fat? It begins with healing your gut and continuing with health supportive foods. If you are having any inflammation, get off all (ancient or modern) grains initially and then slowly re-introduce ancient grains that are properly prepared using ancient wisdom. Get off refined foods. They are not tested for their impact on human health, so when new additives are introduced, their effect on human health is unknown. These are some of steps you can take towards health. Take one baby step at a time.

Name of game:

- Consume more of nutrient dense and supportive foods/ supplements
- less of toxic and inflammatory foods/ supplements
- Eliminate unhealthy vegetable oils (especially canola, corn, cotton oil) from your pantry and replace coconut oil, ghee, grass fed butter, olive oil, Avocado oil. Subscribe here **http://barefoodangel.viprespond.com** to receive **"Which Fats to Eat, Which to Ditch" guide for FREE.**
- Incorporate homemade bone or chicken broth in your daily routine to support your gut and restore the villi
- Consume Foundational Recipes listed on **http://barefoodangel.com/recipe/foundational/**
- Add pure essential omega 3 fermented cod liver oil to your daily routine
- Consume wild caught seafood with least amount of heavy metals
- Consume organic and grass-fed meats (with bone intact and slow cooked)
- Choose eggs and pasture raised chicken with sustainable supplement with no pesticides, herbicides, GMOs. Preferably soy and corn free

- Avoid GMOs
- Avoid soy that isn't traditionally fermented and organic (i.e., miso, tempeh, soy sauce traditionally fermented)
- Avoid modern grains
- Limit your intake of grains and gluten (dairy if sensitive to gluten)
- Avoid pasteurized/homogenized milk even if organic (Organic Pastures is a great source). Consume raw yogurt. For gluten sensitive individuals, it's best to avoid dairy products until inflammation is gone
- Avoid artificial sweeteners and agave, fructose. Use Stevia, honey or maple syrup sparingly
- Avoid caffeine, alcohol, GMOs, soy, MSG, corn, peanuts (have aflatoxin/mold)
- Take colostrum, probiotics, cod liver oil, pastured butter, traditionally fermented foods, natural unprocessed salt
- Stress management (giving up on perfectionism), getting more help, being social
- Lower perceived threat, meditate and sleep
- The pleasures of the table are shared. Eat together. Teach your children, celebrate abundance, talk about what matters to you. Connect.
- Bring gratitude to the table. Taking a moment for a simple "thank you for this

food" is a direct path for acknowledging how blessed we are

- Do an activity you love, makes you happy, laugh ('popcorn' game on trampoline, hiking or yoga)
- Focus on your breath. Meditate 20 minutes at a time 2x/day

To go deeper and learn the "How, What, Why" to get off refined foods and replace it with yum nutritious food that your whole family will like, check out **members.barefoodangel.com** and sign up for **Smart Shopping Guide**, an online course. The list of resources and recommended brands within the course are priceless. If you are ready to make the conscious and mindful decision to make a difference that will last a lifetime, it will be my honor to guide you towards finding quality choices that nourish you so you can live vibrantly.

Here is how else you can tap into my experience and expertise:

- **Subscribe** to **barefoodangel.com** to receive FREE weekly healthful and practical tips.
- Visit **http://barefoodangel.com/programs**.I offer one-on-one consultations (in person or over the phone) upon on availability. Take a **Smart Shopping Guide Tour** with me: go deeper and learn the "How, What, Why" to

get off refined foods and replace it with yum nutritious food that your whole family will like. The list of resources and recommended brands within the course are priceless. If you are ready to make the conscious and mindful decision to make a difference that will last a lifetime, it will be my honor to guide you towards finding quality choices that nourish you so you can live vibrantly.

- I help busy women **find hormonal balance** so that they can get back to their vibrant selves. Start feeling happy, feeling vibrant, thinking clearly, having a healthy sexy libido without pain, managing your weight effortlessly, developing strong bones and joints, attaining shiny healthy hair and skin, looking your best and living a more empowered life. Feel and look YOUR best.
- **Schedule a FREE 30 minute Discovery Consultation by visiting Calendly.com/BareFoodAngel or call at 818-839-0272** to find out what these program entails and if you qualify? This call is a complimentary, life changing 1:1 session where we discover where you are in your life and what is needed to make the change you are desiring. We look at what it will take for you to feel more freedom in all areas of your life. How can you make the breakthroughs at this time in order to live your most extraordinary life!

- Contact me at **caroline@barefoodangel.com** to book a **speaking engagement** for your organization/church/community.

- Follow BareFoodAngel



About the Author



Caroline Angel helps women find hormonal balance so that they can get back to their vibrant selves. Start Feeling happy, feeling vibrant, thinking clearly, having a healthy sexy libido without pain, managing your weight effortlessly, developing strong bones and joints, attaining shiny healthy hair

and skin, looking your best and living a more empowered life. Feel and look YOUR best. Caroline is a Holistic Nutrition Expert.

She considers herself a real foodie; she's the mother of 3 amazing "professors" who are super athletic, a food educator, speaker, writer, wellness coach, conscious being, teacher, healer, leader and nature lover. Her vision is to bring awareness, education, and empowerment about health and wellness of your mind, body, and soul. Her focus is on simple, delicious, nutritionally dense food and easy recipes. She says, "I believe that pleasure is the cornerstone of sustainable, healthful living. I am able to teach you the same simple yet effective principles and practices which our ancestors used to live a vibrant life. The twist is that I incorporate those principles and practices to make sure that it fits our modern world needs."

"Caroline your book fifty shades is eye opening and yes fully digestible ... Pun intended! And beyond that you need to publish a book that is a bible of nutrition. I was at Barnes and Noble today and all it was the divisive "ours is the only way" narrow minded books be it vegan, Keto, paleo primal, whole 30 etc. the time has come for Caroline's integrated intelligent non dogmatic approach! I have practically memorized the book." ~Steven N. La Habra CA

The following are copied from Amazon review page: You can read them here:
https://goo.gl/AmkEM9

A must have book on understanding how to choose healthy food. This is an excellent reference to getting a birds eye perspective on health and nutrition. It isn't all about gluten as were often told, we are by and large not genetically predisposed to diseases but are far more influenced by environmental factors. This is an excellent reference book to have that really explains it all and just does it directly, without any unnecessary information. The author really respects the intelligence of the reader and just INFORMS you of whats really going on out there, from gluten, to GMOs, to pesticides and epigenetics. This is a must have book for when your wanting to know what to eat and

what not to eat for yourself and your family. ~~ Dr. David Shirazi

Get this book! Caroline Angel is a messenger in this masterpiece. It's about grains, ancestors, consumption of grains and much more. She broke complicated facts into palatable form that is easy to understand. Data used is reputable, and unbiased. The validity of the studies is examined and observed from those who are living proof. Caroline shares her wisdom with those who are open to learning.- Dana Ritchie, wellmanagedminds.com

“The real truth about grains! Excellent to the point book about how polluted/processed the bread you buy at the supermarket and sandwich shop really is. I suffered from Crohn's Disease for years. After following the conventional medical treatments for some time, my condition worsened and required stronger drugs and surgery. My gut told me to take a different approach. I ended up following a protocol that changed my life. Much of the book Fifty Shades of Grain covers this protocol. After 2 months of a strict elemental/liquid diet, I introduced whole foods one at a time to my diet. One week just chicken, next week just cucumbers and chicken, etc. Eventually I became well enough to experiment with grains. Slowly, I re-introduced cereal grains and Ezekiel bread which is a sprouted whole grain bread. My whole family has been eating this bread

for a while. I've been in remission from Crohn's for years now living this lifestyle. Another topic the author brushed over is raw dairy which is a rare topic is most health books. We only consume raw dairy from Organic Pastures sold at Lassens or Sprouts for the same reason. Thank you Caroline Angel for writing this book to enlighten people about REAL foods that were put on this earth by God for us to thrive on… not just live but to really flourish." ~ YouthSeeker

"Easy to read and more importantly, easy to incorporate the many well-researched and well-explained tips/recommended changes into nutritional world for self and family. Tackles the world of ubiquitous grains and picks off the many breads/products we need to exclude and culls those that are helpful for healthful living. Provides background info, debunks myths, and empowers reader to easily implement strategies for eating good grains. Will be passing on this knowledge to all my loved ones! Thank you, Caroline - keep 'em coming!" ~Anonymous

"Excellent read! I found the material informative and helpful! The author seems extremely knowledgeable and explains the material in an easily understandable way. After readying the book I have been inspired to make meaningful changes in my and my family's dietary choices. I would highly

recommend the book to anyone interested in better health for themselves and their families." ~Annie K.

"This is an excellent book on the epigenetic/ environmental consequences of our food. It's a lot more complex than it has ever been and so important to understand the nuances. In this way, we can all make better decisions for our selves and our families. Read this book together as a family to make sure future generations are as healthy as they can be." ~ Evan

"A well-researched and poignant educational book in a time where it is easy to fall into the trap of following the next best trendy diet, chasing after, at times, confusing and contradictory dietary theories. I love the fact that Caroline elevates grains out of their branded shadow and presents them to us in a non-biased and evidence-based fashion, for each of us to make our own informed decisions based on our unique bio-individuality and health background. Well done!" ~Anonymous

"So authentic. I thoroughly enjoyed this book. There are many things I believed about Grains that now I see were just misconceptions or miseducation. Thank you to the Author for writing such a detailed book. Who knew that so many of the grain 'secrets' have been known to people who have

come before us so long ago. I will be reading again!" ~Spencer

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