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# The 5 Most Dangerous Lies You've Been Told About Bread

By Kelley Herring | August 10<sup>th</sup>, 2017

So, what is the truth about bread and wheat?

- **Is it the perfect poison... or an essential daily food?**
- Is "gluten-free" bread better for you than regular bread?
- And can you still eat bread... while maintaining a lean body and optimal health?

The answers to these questions may surprise you!

## Loaf Lie #1: "Whole Grains and Whole Wheat are an Essential Part of a Healthy Diet"

**Whole Grains spike your blood sugar.** You probably know that high glycemic foods cause a rapid rise in blood sugar and insulin. This triggers a cascade of inflammation and increases your risk for cancer, Alzheimer's, heart disease, fatty liver and diabetes. And it doesn't make you look very good either - High insulin levels promote the storage of "visceral" belly fat, which surrounds your organs and sends metabolic messages that promote disease.

"Heart Healthy" Whole Wheat Causes Heart Disease! The medical establishment has greatly exaggerated the role of cholesterol in heart disease. But there is one type of cholesterol closely linked to this killer – small dense LDL particles. A study published in the Journal of the American Medical Association showed that people with high levels of small dense LDL have a 300% greater risk of heart attack!

## Loaf Lie #2: "Gluten-Free Bread is Healthier than Bread Made from Wheat"

**The Ingredients in Most Gluten-Free Products Will Also Send Your Blood Sugar Soaring!** In place of wheat flour, most gluten-free products – and many online recipes for that matter – use flours with glycemic values that are off the charts. Here's what Dr. William Davis, author of Wheat Belly, has to say about these unhealthy alternatives, "**These powdered starches are among the few foods that increase blood sugar higher than even whole wheat. It means these foods trigger weight gain in the abdomen, increased blood sugars, insulin resistance, diabetes, cataracts, and arthritis.**"

**Some Gluten-Free Products Contain 90 Times More Arsenic Than the EPA Allows**

**for Drinking Water.** Chronic arsenic exposure – even at very low levels – can lead to headaches, fatigue, brain fog and digestive issues... not to mention heart disease, cancer, respiratory illness and diabetes.

### **Loaf Lie #3: “If You Don't Have a Problem with Gluten, You Don't Have a Problem with wheat”**

**Gluten is a REAL Problem... But the Problem is NOT Just Gluten!** Most doctors (mistakenly) believe that any problems with wheat are problems with gluten. In other words, if you don't have a problem with gluten... you don't have a problem. However, the protein we call “gluten” actually consists of hundreds of smaller compounds. Any ONE of these could trigger an inflammatory or immune response.

### **Loaf Lie #4: “If Wheat Doesn't Cause You Digestive Distress, then it's Safe to Eat”**

**What You Don't Know (or Notice) Can Still Hurt You...** Studies show that even if you are NOT “gluten intolerant” these foods can cause inflammation and perforations in the gut – allowing unwanted substances to “leak” into your bloodstream. And you might not feel the slightest gurgle in your belly. In fact, almost 50% of newly diagnosed celiac patients have no noticeable abdominal distress. Yet, with each bite you are causing damage to nearly every tissue, system and organ in your body. Here are just a few of the symptoms this can cause: headaches and fatigue, chronic sinus issues and lowered immunity, arthritis, bone and joint pain, and skin conditions including acne and wrinkles.

#### **This Can Set the Stage for an Astonishing Variety of Diseases**

The New England Journal of Medicine lists 55 conditions that can be caused by eating gluten, including: Cancer, Heart Disease, Osteoporosis, Irritable Bowel Disease, Inflammatory Bowel Disease, Fibromyalgia & Chronic Fatigue, Thyroid Disorders, Anemia, Epilepsy, Canker Sores, and Lupus.

### **Loaf Lie #5: “There is No Such Thing as a Healthy Loaf of Bread” You Don't Have to Choose Between Your “Daily Bread” And Being Healthy You Just Have to Choose Health Bread**

What if you could sink your teeth into a hot stack of French toast... a sandwich thick enough to make Dagwood proud... a chewy bagel... or a crusty piece of fresh-baked focaccia... And what if these delicious real-food breads were not only gluten-free... but low glycemic too? When you choose bread made with “intelligent ingredients” it can actually protect – not wreck – your health. It can even help you sculpt a lean physique... instead of puffing up your muffin top! And I'm not talking about weak imitations. I'm talking about REAL bread so

delicious you'll swear that it's bad for you.