

January 2013

# LIVING WATERS MEDICAL SPA AND WELLNESS CENTER



## Is Wheat Making you Sick and Fat?



Attaining and maintaining an ideal weight gets tougher and tougher with each passing year. Is it just an age thing or is there something (or something's) out there that we are eating that is causing this? For years in my weight loss clinic I have been harping on the dangers of sugars/corn syrup and how it is causing insulin resistance and diabetes. Sugar in the body in any form causes a rise in insulin. Insulin slows our metabolism down and makes us store fat. Therefore, the higher the insulin, the more we store fat and gain weight often with very little caloric intake! To keep the insulin level down we have been teaching to eat a diet low in carbohydrates, and to use only low-glycemic index and complex carbohydrates. This teaching is correct because the higher glycemic carbs raise the glucose level quicker and higher in the body, thus causing a rapid rise and higher peak of the insulin levels. We have also been teaching to eat more whole grains to fill us up and increase our fiber intake. We have been taught to stay away from white flour and white bread. We are now finding that this is DEAD WRONG. Whole grains, especially wheat, are killing us! You may have heard of people going gluten-free lately as this is the new rage/hip thing to do. However, gluten is not the only thing wrong with wheat. I was fortunate to be able to attend Dr. Davis's lecture last month at the world annual anti-aging conference. He is author of the best seller *The Wheat Belly*. I am attaching the link to the lecture for you to listen to at your leisure. Read on for his salient points. You will be astonished and probably depressed wondering what you should eat!

### Human beings were not meant to eat grains!

When early humans began to eat wheat about 8500 BC their physical structure changed. The face and jaw shrunk due to less need for heavy mastication. This caused crowding and crooked teeth. Dental decay emerged. The femur size shrunk leading to a reduction in height. Evidence of multiple nutritional deficiencies has been found, including iron deficiency.

### Biblical wheat is not what we consume today.

Ancient wheat was called Einkorn wheat and had 14 chromosomes. This was not the Biblical wheat. Biblical wheat was a product of natural mating of the wild grass with the Einkorn wheat. Biblical wheat was called Emmer wheat and had 28 chromosomes. Later Emmer wheat mated with another wild grass producing spelt, or Triticum (42 chromosomes). All wheat by the 19<sup>th</sup> or 20<sup>th</sup> century were variations on the Triticum species. This is nothing like the Biblical wheat or the ancient wheat. This is before agribusiness interfered. This is just a product of natural mating.

### Agribusiness Begins

In the 1960's there was a huge fear of population overgrowth particularly in the far eastern less developed countries. There was a fear that we would not be able to feed everyone. There was a great push for the government to fund high yield crops. They started with traditional wheat (Triticum) and mated it multiple

### Contents

Wheat Article Pages 1-3

Weight Loss Clinic 3

Cosmetic Corner 4

### January Specials

10 % off Sclerotherapy for spider veins

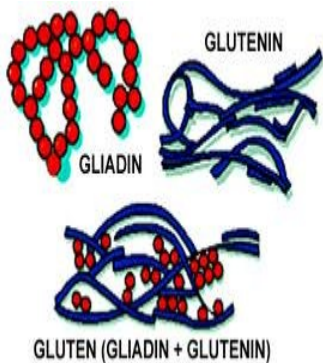
One Free Lipo Shot for all new weight loss clients

One Free Lipo Shot for all people who refer a new client for the weight loss program.



### Our wheat contains harmful mutations.

times and created a high-yielding dwarf wheat. It was more resistant to weather changes, particularly wind, and had large amount of seeds that were huge. There was actually a huge surplus in crops after this was cultivated. Almost all wheat now is this high yield semi-dwarf strain. Next they started to purposely induce mutations – mutagenesis. Clearfield wheat is used currently. It was created to be resistant to herbicides. They did not use gene splicing, but chemical mutagenesis. They used sodium azide which is highly toxic to humans. They exposed the wheat seed to sodium azide inducing mutations which made it resistant to the herbicide they were using. You cannot control what the sodium azide did to the other genes in the plant. They made no other effort to assess what other changes happened to the plant. It is an uncontrollable, unpredictable, and crude way to change a plant. This predates modern genetic modification. Modern genetic modification is done by gene-splicing. This gene-splicing is actually an improvement on chemical mutagenesis. We have been eating this wheat that has been chemically changed over and over.



### Gliadin and Glutenin

Gluten is a protein in wheat. It is what gives wheat its elasticity. **Glutenin** is what gives it this property **Gliadin** is another protein that has been extensively changed with repeated modification of wheat. **Gliadin + glutenin = gluten**. These changes in gliadin have caused a huge increase in celiac disease. It has been found that schizophrenia especially, paranoid schizophrenia, is positively correlated with wheat intake! There are huge increases in this disease when the people are given wheat and decreases when wheat is removed from their diet. There are small polypeptides in wheat that can cross the blood brain barrier and bind to opiate receptors in the brain. There are at least 5 that have been identified so far. The gliadin protein in wheat does not cause euphoria or pain control, but it stimulates the appetite. It binds to the kappa receptor in the opiate receptor in the brain which stimulates appetite. It also stimulates prolactin release from

the posterior pituitary which causes breast enlargement particularly in men. It has been shown that people that ingest wheat eat more calories than those who do not consume wheat. By 1985 everything that we are sold that has wheat has been from the high-yield semi-dwarf wheat that has been further modified by chemical mutagenesis. There has been an increase in caloric consumption over this time also, and the incidence of obesity and diabetes has dramatically increased to epidemic proportions! So, the gliadin protein in wheat is an opiate and this is the part of wheat that has been modified in modern wheat. This is also the source of celiac disease and leaky gut.

### Wheat has a high glycemic index.

There are other consequences of the modifications in wheat. The glycemic index has been affected. A high glycemic index means that the blood sugar rises high in the first 90 minutes after consumption of that particular food. Whole wheat bread has one of the highest glycemic indexes of any food. It is higher than white bread! Why is this? The **amylopectin A** in whole wheat is rapidly digested and causes a rapid release of sugar into the blood stream. We have been taught that wheat is complex and digested slower, but this is not true because of the amylopectin A. High blood sugars cause and increase in insulin. Insulin slows our metabolism down and puts us in a fat-storing mode. With chronically high blood sugar levels, we have chronically high insulin levels. We begin accumulating visceral fat (fat in our organs) and we become insulin resistant which eventually becomes diabetes.

### Toxic Lectins

This is not all, wheat has lectins. Lectins are protective molecules in plant that protect them from bacteria, molds, and fungi. These are essentially a plant's immune system. The lectin of wheat is **wheat germ agglutinin**. It has four parts. It is indigestible. Most of it is eliminated through the feces. Some, however, is absorbed into the blood stream. It is also a direct intestinal toxin. It produces changes in the intestine like that of celiac disease. Gliadin also unlocks the intestinal barrier against foreign substances.

. This allows foreign substances to get into the blood stream. This happens to everyone who consumes modern wheat. It is worse in those with celiac disease. Wheat germ agglutinin is toxic to us and it is getting into all of our blood streams when we consume wheat. This may be what underlies all of the autoimmune diseases that are rising in incidence in our country. It may be responsible for irritable bowel syndrome.



We consume wheat, via the gliadin-wheat germ agglutinin affect, and the opiate appetite stimulating effect, we get increased visceral fat which causes increased inflammation. We get inflammation of the bowels acid reflux, irritable Ulcerative colitis and Crohn’s disease get worse, inflammation of joint-particularly the hands, asthma, central nervous system effects such as balance issues and peripheral neuropathy. 50% of unexplained peripheral neuropathy is due to wheat consumption. A severe form of rapidly progressive dementia is gluten encephalopathy due to wheat. Gliadin antibodies have been found in their brains.

Much of our diseases we are treating today have their roots in wheat consumption. Many of our foods have wheat hidden in them; almost all processed foods have wheat in

them. It is not enough just to eliminate breads and pasta. You have to look at labels. Going gluten free is not the answer. There is more to wheat than just gluten as discussed above. Most gluten free breads have starches in them that rapidly raise blood sugar even higher than whole wheat! These are cornstarch, rice starch, tapioca starch, potato starch. These cause glycation in the body which ages us. (It causes cross-linking of proteins – glycation that ages our bodies.) 1/100 have celiac, 1/30 adverse intestinal affects from wheat, all have something in the body that is being caused by modern wheat consumption. People who have eliminated wheat lose weight and body fat, coronary artery disease regresses, diabetes disappears if caught early enough, blood pressure decreases, joint pain resolves, intestinal complaints resolve, energy improves, headaches resolve, PMS improves, cholesterol decreases, asthma and allergies improve or resolve, etc. Take wheat out of the diet and a multitude of diseases and conditions recede! The U.S. food pyramid says we should eat more and more “healthy” whole grains!!!! What do you think?

To listen to the entire lecture go to this link:<https://fleetwoodonsite.sharefile.com/?cmd=d&id=24bc04dc2fd442bb> Download the Davis lecture. The other lecture will be discussed in the next newsletter.

### **Weight Loss Clinic**

**We offer at very competitive prices:**

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**-Appetite Suppressants**

**-HCG diet**

**-Weight Loss Shots**

**-Hormonal Testing**

**-Vitamin/Herbal**

**Supplements**

**Far Infrared Sauna Therapy**



John 4: 13-14 Jesus said to her, "Everyone who drinks of this water will be thirsty again, but those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them a spring of water gushing up to eternal life.

[www.viglionemd.com](http://www.viglionemd.com)

It is our goal to fully individualize treatment for all of our patients. I do not believe in the "one size fits all" philosophy of medicine. Each person is unique with his/her own genetics and environmental exposure. My goal is to find the root cause of each illness and address it with nutritional therapy, and detoxification to allow the body to heal itself. I do use drug therapy when needed. It is my goal to help each of my patients restore their health and to delay and reverse to some extent the aging process.

Deborah D. Viglione, MD

Board Certified in Internal Medicine and in Anti-aging Medicine

Did you know? Dr. Viglione is one of 700 board certified in anti-aging medicine? She is one of sixteen who is fellowship certified in Stem Cell Medicine after completing the first ever stem cell fellowship in the World!

## **Cosmetic Corner**

**10% off Sclerotherapy for Spider Veins in January and February**

**We offer:**

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**Fotofacials with ELOS (IPL/RF/Infrared)**

**Microdermabrasion**

**Non-Surgical Liposuction**

**Sclerotherapy**

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