

The bane of grain

problems
with

Wheat



Opiods

Wheat opioids bind to the opiate receptors of the brain making it addictive.

Anti-nutrients

Wheat can contain anti-nutrients, such as lectins and phytic acid, which can deplete the body of vitamins and minerals and has been associated with tooth decay.

Leaky-gut syndrome

Wheat germ agglutinin is a protein in that can create holes in the intestines, allowing waste materials to seep into the bloodstream.

Inflammation

Leaky-gut syndrome can trigger systemic inflammation throughout the body.

Autoimmune disorders

Chronic inflammation caused by leaky gut can lead to autoimmune diseases and other disorders such as rheumatoid arthritis and celiac.

Weight gain

Since wheat can be addictive and has a high glycemic index, it can keep blood sugar levels elevated for longer, trigger overeating and lead to obesity.

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