

(5) REFINED GRAINS - #3 CAUSE OF PHYSICAL PROBLEMS

Before we get started, I would like to share a letter received this past week from a hospital dietitian: "Dear George, this is just a quick thank you for taking so much of your time to write the weekly e-mails. I am always completely amazed at what I learn from you - and I work as a hospital dietitian! I love your weekly newsletter and health tips. This week's sugar information really struck home because I love sugar and crave it when I don't have it (and pay the price with lots of mood swings and depression). Hopefully, I can start to cut back or quit altogether! Thank you again for such profound information!

Last week's meat information was also very informative. I don't think about acid base balance... I just feed people! I didn't realize how important that balance is and what happens to bones when we are too acidic. Thanks again, Jo Ann P."

In Health Tips #411 through #414, we established biblically and anatomically, that God designed man to be nourished with the LIVING plant foods that He God had created and placed in the Garden of Eden before the creation of man. Then in Health Tips #415 and #416, we revealed what happens when we place into the body, substances God never designed the body to ever have to deal with. You can read any or all of these Health Tips by going to www.hacres.com, clicking on "Hallelujah Health Tips" in the upper right corner of our Home Page. Then click on "Go To Archives:" at the top and access the year "2005. Click on Health Tip #411, #412, #413, #414, #415, or 416".

In this week's Health Tip, we are going to continue examining what happens when we place into our physical bodies, foods (so-called), that God never designed our physical bodies to ever have to deal with or process. But before we get started, I want to refresh our memory with the closing words of Health Tip #414: "LIVING FOOD FOR A LIVING BODY! God had it right from the very beginning! See Genesis 1:29. Remember, it was God who created a LIVING organism (physical body), comprised of LIVING cells, that He designed to be nourished with LIVING food!"

3. REFINED GRAINS

After ANIMAL SOURCE FOODS, which we took a long look at in Health Tip #415, and REFINED SUGAR, which we discussed in Health Tip #416, the next most popular DEAD, FIBERLESS, and good-for-nothing KILLER food of our day is REFINED GRAINS!

Before I begin this discourse on REFINED grains, I want to share that WHOLE grains are allowed and are a part of The Hallelujah Diet. These complex carbohydrates help us reach our caloric needs, and thus help to assure we receive sufficient protein from our diet. However, even WHOLE grains, convert to sugar fairly rapidly, and thus it is not desirable to consume large amounts of even WHOLE grains, too frequently. Also, wheat, in its WHOLE and UNREFINED form, as well as in its REFINED form, is very acidic, and probably the least desirable of all the grains. Raw and sprouted, is the most desirable form in which to consume this grain.

Sadly, very few WHOLE grain products are available, and thus very few WHOLE grains are consumed in today's society!

Today, virtually all the breads, cereals, pastas, rice, corn, grits, etc. are processed and REFINED. Americans have a love affair with soft, white pastries; breads made with bleached, white flour; and for cereals that have

been first divested of fiber and then dipped in sugar. Because most grains are consumed in this REFINED form, I will limit this critique to this more popular and fragmented form:

(1) REFINED GRAINS ARE A DEAD FOOD

Refined grains come from the LIVING seed of a LIVING plant! This seed, before processing, contained LIFE in the form of enzymes! But by the time it reaches the refined stage, all enzymes have been destroyed, and it has been reduced to a very dead food. Our physical bodies were designed by God to be nourished with LIVING food and not dead food! That is a fundamental we each should have learned in "Biblical Nutrition 101"!

(2) REFINED GRAINS CONTAIN ALMOST NO FIBER

Another important thing to understand about refined grains is that just like we saw with foods of animal origin, and of refined sugar origin, refined grains are devoid of almost all fiber. Let's remember here, that God designed our bodies to move food through a very extensive digestive tract through means of fiber, and foods containing little to no fiber present very real and serious problems.

(3) REFINED GRAINS ARE FRAGMENTED

Through heating and mechanical and chemical processing, all vitamins, proteins, fats, enzymes - indeed - almost every single nutrient is removed until nothing but pure white, pure 'naked calories,' pure refined carbohydrate remains. Fragmented foods set up nutritional imbalances that precipitate health problems galore.

(4) REFINED GRAINS ARE ACIDIC

Like animal source foods, and refined sugar, most grains are also 'acid forming.' This means that the body must take vital alkaline minerals, calcium being the most plentiful, from the body to metabolize refined grains. Thus highly refined carbohydrate use, along with the consumption of animal products, and refined sugar, which is also a refined carbohydrate, causes the body to take so much calcium from our bones that the bones often become osteoporotic.

(5) REFINED GRAINS ARE EXCESSIVELY STARCHY.

Refined grains are one of the starchiest foods consumed by humans and present an overwhelmingly difficult task for the digestive system. Refined grains also cause mucus formation. Since 1965, scientists have repeatedly linked high gluten consumption, coming from wheat, oats, rye, and barley, to learning disorders and schizophrenia. Other physical problems linked to high gluten consumption include: asthma, allergies, gluten intolerance, digestive disturbances, yeast infections, various mucus and congestive conditions, several types of arthritis, and even chronic overeating. (Source: "Grain Damage" by Douglas Graham, D.C.) The number of people struggling with Candida may also be linked to the excessive use of these grains, as well as the inability to lose weight.

(NOTE: BarleyMax is derived from the juice of the leaf, and not from the seed, thus BarleyMax contains no gluten!)

(6) REFINED GRAINS CREATE BLOOD SUGAR DISORDERS

When refined grains are eaten, a high percentage of the starch is very quickly broken down into simple sugars that hit the blood stream almost as rapidly as refined white sugar. Dealing with all of this sugar exhausts the pancreas and/or adrenals, and produces the same diabetic/hypoglycemic

reactions we learned about in last week's Health Tip regarding refined sugar.

(7) REFINED GRAINS PROMOTE EMOTIONAL INSTABILITY

Remember, we learned last week about the sugarholic, and how that after they have consumed a box of candy, or bag of cookies, or any large amount of refined sugar, they often feel self-abused and depressed. Sadly, studies reveal a strong link between juvenile and adult criminal offenses not only to refined sugar, but also to refined grains.

Similar research reveals a link between mental illness and sugar abuse. And hypoglycemic reactions, for the very sensitive consumer, promote extreme irrationality, emotional instability, and oftentimes aggressiveness. Recent studies are revealing that sugar may be as involved in mental illness, divorce, and crime as alcohol has been found to be. Depression is also one of the most rapidly growing problems in our society today, and refined sugar, along with refined grains, are one of the major contributing factors!

(8) REFINED GRAINS LEAD TO ADDICTION AND WEIGHT GAIN

Refined grains are addictive! We have found that when a person decides to adopt The Hallelujah Diet, sugar and refined grains, are the two most difficult items to eliminate from their diets, because they have a powerful addictive influence. Another thing we need to remember concerning refined grains is that whenever a food has been fragmented, it is nutrient-deficient and always results in lower levels of nutrition and health. This is the case concerning refined grain products. And thus, because refined grains do not provide satisfaction at the cellular level, the body continues to be hungry - continuing to seek adequate nutrients to satisfy its nutritional needs. This leads to overeating! Sadly, this has produced a nation of overfed, undernourished, predominantly overweight people!

(Note: Farmers use grain to increase the weight of their animals.)

(9) REFINED GRAINS COMPROMISE THE IMMUNE SYSTEM

Let's remember that the immune system is what God built into each of our physical bodies to protect us from the germs, viruses, and bacteria of this world. It is our first line of defense! Refined grains, which convert very rapidly to sugar, along with refined sugar itself, suppress the immune system! Does that not give us a clue as to why so many people experience infections, colds, the flu, along with other flu like symptoms, and more?

(10) REFINED GRAINS CAUSE OTHER PHYSICAL PROBLEMS

Finally, refined grains are associated with malnutrition and decreased resistance to disease. Refined grains impact quality of life as it increases the severity of PMS; decreases cognitive or intellectual function, especially in children; refined grains, along with sugar also contributes to our current epidemic of heart disease, and so much more.

Following is just a partial list of other health problems related to the intake of refined grains: Acne, addiction to drugs and caffeine, alcoholism, allergies, anxiety, behavior problems, binge eating, bloating, bone loss, Candidiasis, depression, difficulty concentrating, eczema, edema, emotional problems, fatigue, food cravings, hormonal problems, hyperactivity, insomnia, menstrual difficulties, mental illness, mood swings, premature aging, psoriasis, and the list goes on and on.

To summarize, refined grains and products made from them, are the third (behind animal and refined sugar source foods) most often cause or contributing cause of the physical problems being experienced today. Refined grain products are all DEAD, and almost completely FIBERLESS, and along with animal source foods and refined sugar, the most popular of the deadly, KILLER foods of our day.

To be continued . . .