



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

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Whole Grains

Essentially all of the precautions, warnings and observations discussed about nuts and seeds will apply to whole grains, since they in effect are seeds as well. Dry beans and legumes can be considered similar to grains, nuts, and seeds. Many people are sensitive or allergic to gluten which is a hard to digest protein found in many grains.

Grains containing gluten include:

1. Wheat, including its derivatives such as:
 - wheatberries
 - durum
 - emmer
 - semolina
 - spelt
 - farina
 - farro
 - graham
 - KAMUT® khorasan wheat
 - einkorn wheat
2. Rye
3. Barley
4. Triticale
5. Malt in various forms including:
 - malted barley flour
 - malted milk or milkshakes
 - malt extract
 - malt syrup
 - malt flavoring
 - malt vinegar
6. Brewer's Yeast
7. Wheat Starch

The interesting fact is that primitive peoples and the ancestors of most of us, living on all continents had used grains as a staple in their diet for centuries. However, during the last half of the 20th century and persisting into the 21st century, grains were first hybridized and then genetically altered and ultimately genetically modified for the convenience of Big Agra, pesticide and agricultural chemical companies and the commercial food industry.

Another problematic issue is the widespread use of pesticides on grain crops and the fact that farmers have been encouraged to spray an additional dose of Roundup © by its maker, Monsanto, on the grain at harvest and prior to going into storage. These changes have in no way benefited the consumers and have precipitated food sensitivities and allergies for the masses.

Read more about toxicity, gastro-intestinal disorders, and cancers in Chapter 5, *Energy and Food* in [YOUR BODY CAN TALK, 2nd Edition](#). You may also want to click [HERE](#) to read about genetically modified organisms by Jeffrey Smith.

From a health standpoint, organic grains, heirloom varieties if available, can help you avoid many of these issues. Soaking and sprouting the grains to eat in salads or use as raw garnishes will be more nutritious and less allergenic for most individuals. Click [this link](#) to read Dr. Josh Axe's article on sprouting that applies to seeds nuts and grains.