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## **STEPS YOU CAN TAKE IF YOU ARE EATING GRAINS AND LEGUMES**

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Gradually replace grains with high carbohydrate vegetables to maintain body weight and energy.

Breads and muffins, and desserts can be made with soaked raw nut flours, or home-ground tapioca, manioc, arrowroot, cassava or coconut flours.

There are cross-reactive substances in “gluten-free” grains which are similar in molecular structure to gluten which can cause the same problems as gluten causes in gluten-sensitive people. For example, gluten-sensitive persons have a higher incidence of rice sensitivity. So problems with gluten means likely problems with rice. If you choose to eat rice (which also contains arsenic) use organic white rice and cook the rice in a pressure cooker.

The FDA allows grains that still have a tiny amount of gluten to be called gluten-free. This is still too much for gluten-sensitive persons.

If you choose to eat oats, use organic steel cut oats. Others are processed and affect the body as refined sugar. The following is a method to activate the sleeping enzymes in the oats to digest much of the gluten and the stachyose and raffinose (two sugars humans cannot digest): in the evening, combine one part oats with two parts room temperature water in pressure cooker pot. In the morning, cook at high pressure for five minutes. Let the pressure come down naturally. Carefully open the lid away from you.

If you choose to eat grain breads, make your own flour with soaked and sprouted grain or fermented grain to make the flour.

If you choose to use commercial flour, it can be soaked in the amount of liquid called for in the recipe for 12-24 hours before adding the rest of the ingredients and baking. This helps reduce phytates and lectins but does not remove the alloxan or gluten or some of the other problematic grain components.

To soak grains and beans that contain lectins add one of the following to the water: ½ teaspoon baking soda, or 1 tablespoon vinegar, or 1 tablespoon lemon juice, or 1 inch strip of kombu seaweed. Change the soak water every 8 hours. Soaking times prior to cooking are: beans at least 24 hours, quinoa at least 1 hour, lentils 12 hours, peas at least 18 hours, split peas at least 8 hours, nuts 12-18 hours, flaxseed 6 hours, chia seed at least 1 hour. Soybeans should be fermented (miso, tempeh, natto).

After soaking beans and grains, pressure cooking them inactivates lectins best.

Nuts have high amounts of phytic acid and enzyme inhibitors. Soaking nuts helps to reduce these. Use lukewarm water to cover the nuts and add 1 tablespoon sea salt per 4 cups of nuts. Rinse after soaking then dry in a dehydrator or roast on lowest oven temperature until crispy. If you do not want to dry them, store soaked nuts in the refrigerator and eat within 24 hours. Some soaking times are: Brazil nuts, almonds, pine nuts, hazelnuts, pecans, walnuts for 12 hours; cashews, macadamias for 4 hours.

Cookie and energy bars can be made with soaked cooked beans or soaked raw nut flours or root flours such as tapioca (manioc, cassava) or arrowroot.

Many foods have components that are very similar to gluten and can also cause autoimmune diseases. These include rice, coffee, yeast, casein (in milk and milk products like yogurt, cheese and milk chocolate), sesame seeds, quinoa, sorghum, tapioca, amaranth, rice and potato. So a gluten-sensitive person still having problems after avoiding wheat, could avoid these foods, too, for at least 1-2 months. If that person then feels better, but wants to eat some of those foods, then one of those foods could be consumed daily for a week or two and see what happens. The same process can be repeated for each of those foods one at a time.

We absorb whatever we put on our skin. Many cosmetics, shampoos and lotions contain gluten. The website of the Environmental Working Group ([ewg.org](http://ewg.org)) lists many products and their ingredients and their relative risks.

Probiotics ---- healthy bacteria for our good health. Raw fermented foods contain good bacteria that digest our food, destroy bad bacteria, decrease LDL cholesterol blood levels, remove toxins we eat or drink and improve body weight control. Some food sources are raw sauerkraut, raw beet kvass, kimchi, kombucha. Prebiotics (indigestible fiber) ---- feed our good bacteria so these bacteria can do the following for us: improve digestion in the colon, provide butyrate which nourishes intestinal lining cells, reduce blood sugar, increase cell response to insulin, decrease blood pressure, decrease intestinal reabsorption of bile acids, decrease cholesterol production by the liver, and decrease LDL and total cholesterol; prebiotics we get from roots of plants, beans, many vegetables, fruits and nuts.

Processed grains give quick energy but then we are soon hungry again. Eating plenty of good fats in each meal helps reduce processed food cravings. It takes longer to digest fats so the brain is fed for 3-4 hours (until the next meal). Healthy fats include coconut oil, avocado, olives and fresh olive oil, palm oil, egg yolks, and lard. Butter is a fabulous fat if the person is not sensitive to the milk protein called casein. Ghee, or clarified butter, may be okay for these people.

**NOTE:** Many processed foods are in stores that say “gluten-free” on the package (including bagels, crackers, breads, muffins, donuts, pastas). A processed food that says that on the label or does not list any gluten-containing ingredients on the package still can contain gluten or be cross-contaminated with gluten during processing in manufacturing plants.

### **GOOD RECIPE BOOKS without grains or dairy or soy:**

Eat Beautiful, by Megan S. Stevens (Amazon.com to find it, be sure to pick the one with Megan’s picture on the cover)

Internal Bliss – GAPS cookbook ([gapsdiet.com](http://gapsdiet.com)), 2010, International Nutrition, Inc.

### **FOR PET TREATS:**

Meats can be cut into pieces and oven-dried. Organic hot dogs (no onion) can be sliced and each slice cut into quarters and then dried in the oven. These can then be frozen in baggies and used as needed. The

cookies that we make with healthy recipes for ourselves (except no raisins or chocolate which are toxic for dogs!) can be used.

**AVOID THESE FOODS WHICH CONTAIN GLUTEN:** canned baked beans, beer, blue cheeses, commercially- prepared bouillons and broths, breaded foods, cereals, commercially prepared chocolate milk, cold cuts, communion waters, egg substitute, energy bars, flavored coffees and teas, French fries are dusted with wheat flour before freezing, fried vegetables/tempura, fruit fillings and puddings, gravy, hotdogs, ice cream, imitation crabmeat/bacon/etc., instant hot drinks, ketchup, malt/malt flavorings, malt vinegar, maple syrup, marinades, meatballs/meatloaf, non-dairy creamer, oat bran, oats, processed cheese (ie. Velveeta), roasted nuts, root beer, salad dressings, sausage, seitan, soups, soy sauce and teriyaki sauces, syrups, tabbouleh, trail mix, veggie burgers, vodka, wheatgrass, wine coolers, Worcestershire sauce. These also can contain gluten: cosmetics, lipsticks/lip balm, medications, non-self-adhesive stamps and envelopes, Play-Doh, shampoos/conditioners, vitamins and supplements.

**SOME CODE WORDS IN INGREDIENT LISTS WHICH MEAN GLUTEN IS LIKELY PRESENT:** amino peptide complex, Avena sativa, brown rice syrup, caramel color (frequently made from barley), cyclodextrin, dextrin, fermented grain extract, Hordeum distichon, Hordeum vulgare, hydrolysate, hydrolyzed malt extract, hydrolyzed plant protein, hydrolyzed vegetable protein, maltodextrin, modified food starch, modified starch, vegetable starch, starch, natural flavoring, phytosphingosine extract, Secale cereal, soy protein, Triticum aestivum, Triticum vulgare, hydrolyzed vegetable protein (HVP), yeast extract. Triticum vulgare, Triticale, Hordeum vulgare, Triticum spelta, spelt, hydrolyzed wheat protein, hydrolyzed wheat starch, bread flour, bleached flour, bulghur, malt, couscous, farina, pasta, seitan, wheat grass; barley grass, wheat germ oil, wheat germ extract, artificial flavor, artificial flavoring, seasonings, flavorings, matzo, seitas, durum, emmer, cereal extract, cake flour, all purpose flour, bran, glucose syrup, soy sauce, ice cream, marinara sauce, potato chips, rice cakes, turkey patties, hot dogs, processed meats, imitation crab meat.

**WORDS THAT MEAN CORN IS LIKELY PRESENT:** (from [www.comallergens.com/llist/corn-allergen/printable-list.php](http://www.comallergens.com/llist/corn-allergen/printable-list.php)) Acetic acid, Alcohol, Alpha tocopherol, Artificial flavorings, Artificial sweeteners, Ascorbates, Ascorbic acid, Aspartame (Artificial sweetener), Astaxanthin, Baking powder, Barley malt\* (generally OK if no caramel color), Bleached flour", Blended sugar (sugaridextrose), Brown sugar\* (generally OK if no caramel color), Calcium citrate, Calcium fumarate, Calcium lactate, Calcium magnesium acetate (CMA), Calcium stearate, calcium stearoyl lactylate, Caramel and caramel color, Carbonmethylcellulose sodium, Cellulose microcrystalline, Cellulose, powdered, cetearyl glucoside, Choline chloride, Citric acid\*, Citrus cloud emulsion (CCS), Coco glycerides (cocoglycerides), Confectioners sugar, Corn alcohol, corn gluten, Corn extract, corn flour, Corn oil, Corn oil margarine, Corn starch, Corn sweetener, corn sugar, Corn syrup, corn syrup solids, Corn, popcorn, cornmeal, Cornstarch, corn flour, Crosscarmellose sodium, Crystalline dextrose, Crystalline fructose, Cyclodextrin, DATUM (a dough conditioner) Decyl glucoside, Decyl polyglucose, Dextrin, Dextrose (also found in IV solutions), Dextrose anything (such as monohydrates or anhydrous) d-Gluconic acid, Distilled white vinegar, Drying agent, Erythorbic acid, Erythritol, Ethanol, Ethocel 20, Ethylcellulose, Ethylene, Ethyl acetate, Ethylalcohol, Ethyl lactate, Ethyl maltol, Fibersol-2, Flavorings\*, Food starch, Fructose\*, Fruit juice concentrate \* r Fumaric acid, Germ/ germ meal, Gluconate, Gluconic acid, Glucono delta-lactone, Gluconolactone, Glucosamine, Glucose\*, Glucose syrup\* (also found in IV solutions, Glutamate, Gluten, Gluten feed/meal, Glycerides, Glycerin\*, Glycerol, Golden syrup, Grits, High fructose corn syrup, Hominy, Honey\*, Hydrolyzed corn, Hydrolyzed com protein, Hydrolyzed vegetable protein, Hydroxypropyl methylcellulose, Hydroxypropyl methylcellulose phthalate (HPMCP), Inositol, Invert syrup or sugar, iodized salt, lactate, Lactic acid\*, Lauryl glucoside, lecithin, Linoleic acid, Lysine, Magnesium citrate, Magnesium stearate, Maize, Malic acid, Malonic acid, Mal syrup from corn, Malt, malt extract, Malitol, Maltodextrin, Maltol, Maltose, Mannitol,

Methyl gluceth, Methl glucose, Methyl glucoside, Methylcellulose, Microcrystalline cellulose, Modified cellulose gum, Modified corn starch, Modified food starch, Molasses\* (corn syrup may present; know your product), Mono-and di- glycerides, Monosodium glutamate, MSG, Natural flavorings\*, Olestra/Olean, Polenta, Polydextrose, Polylactic acid (PLA), Polysorbates\* (e.g. polysorbate 80, Polyvinyl acetate, Potassium citrate, Potassium fumarate, Potassium gluconate, Powdered sugar, Pregelatinized starch, Propionic acid, Proylene glycol\*, Propylene glycol monostearate\*, Saccharin, Salt (iodized salt), Semolina (unless from wheat), Simethicone, Sodium carboxymethylcellulose, Sodium Citrate, Sodium erythorbate, Sodium fumarate, Sorbate, Sorbic acid, Sorbitan\* (anything), Sorbitol, Sorghum\* (not all is bad; the syrup and/or grain CAN be mixed with corn), Splenda (artificial sweetner), Starch (any kind that's not specified), Stearic acid, Stearoyls, Sucralose (Artificial sweetner), sucrose, Sugar\* (not identified as cane or beet), Theronine, Tocopherol (Vitamin E), Treacle (aka golden syrup), Triethyl citrate, Unmodified starch, Vanilla, natural flavoring, Vanilla, pure extract, Vallin, Vegetable anything that's not specific", Vinegar, distilled white, Vinyl acetate, Vitamin C\* and Vitamin E\*, Vitamins\*, Xanthan gum, Xylitol, Yeast\*, Zea mays, Zea mays starch, Zein.

**FOODS THAT MAY CONTAIN CORN** (many processed foods --3 out of 4 supermarket products!) fast-food hamburger patties, most french fries are cooked in corn oil, fast food taco meat, processed chicken nuggets, diet soda (artificial sweetener from corn syrup), regular soda (high fructose corn syrup), ketchup (corn syrup), puddings, fruit juices (corn syrup sweeteners), yogurt (corn syrup), salad dressings (corn syrup), soup mixes and canned soups, baked goods, premade gravy, mayonnaise (corn-derived oil), peanut butter (corn syrup), vitamin D fortified milk, plastic water bottles made from corn, toothpaste (sorbitol from corn), gum (sweeteners from corn), make-up (what we put on our skin is absorbed into our bodies), shampoos and conditioners (citric acid from corn- we absorb what we put onto our skin), diapers (some eco-friendly diaper manufacturers are using cornstarch to keep babies' bottoms dry), nitrocellulose glue (in envelope adhesive that we lick), perfumes (grain alcohol from corn), aspirin (coating is cellulose microcrystalline from corn), polenta, maize [www.godairyfree.org/dairy-free-grocery-shopping-guide/dairy-ingredient-list-2](http://www.godairyfree.org/dairy-free-grocery-shopping-guide/dairy-ingredient-list-2) TheMaize.com, Men's Health, National Corn Growers Association, Time Magazine, Forbes.com, Celiacdisease.about.com

**WORDS THAT MEAN CASEIN (milk protein) IS LIKELY PRESENT:**

Butter fat, butter oil, butter solids, buttermilk powder, calcium caseinate, casein, caseinate, cheese, condensed milk, cream, curds, delactosed whey, demineralized whey, dry milk powder, dry milk solids, evaporated milk, ghee, hydrolyzed casein, hydrolyzed milk protein, iron caseinate, lactalbumin, lactoferrin, lactoglobulin, lactose, lactulose, low-fat milk, magnesium caseinate, malted milk, milk derivative, milk fat, milk powder, milk protein, milk solids, natural butter flavor, nonfat milk, nougat, paneer, potassium caseinate, pudding, recaldent, rennet casein, skim milk, sodium caseinate, sour milk solids, sweet whey, whey, when powder, whey protein concentrate, whey protein hydrolysate, whipped topping, zinc caseinate, galactose, hydrolysates, artificial or natural flavors or flavorings, coconut cream, egg flavors, high protein powder, protein, lactic acid starter culture, PREbiotics (note this is not PRObiotics), non-dairy products, tuna fish in cans, dairy-free cheese may contain dairy, cosmetics, some medicines.

**FOODS THAT CONTAIN CASEIN :**

Butter, margarine, milk, cream, half and half, yogurt, sour cream, sherbet, chocolate, ice cream, creamed soups/vegetables, soup bases, puddings, custards, processed foods, buttermilk, cheese (all), sweetened condensed milk, some hot dogs, some luncheon meats, some sausage,

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