

## Don't let your stomach prevail over your brain

### The male shape was never meant to resemble pregnancy

type 2 diabetes, and at least a third of all cancers. The health care crisis cannot be addressed without addressing the catastrophe of the Western diet, and that diet is the direct result of the way that the agriculture & food industries have been organized.

Why do you always get a stomach ache when you eat fast food chicken sandwiches? Answer: Because you're not eating real chicken! Just as how **you're not eating REAL WHEAT.**

**"It is God Who sends down water from the sky, and with it We bring forth vegetation of all kinds, and out of it We bring forth green stalks, from which We bring forth thick clustered grain."**

The wheat we consume today is **not** the one that Jesus & Muhammad (p) used. The bread in the Old Testament, the bread scattered throughout human history, even the bread your grandma made for the family, isn't what we are eating today as "bread." After all the genetic manipulations of recent decades, it's no longer the "staff of life." **It's poison.** It is a hybrid & genetically modified version that is NOT food. So the whole wheat bread that you thought "HEALTHY" is really **"HELLThy."** If you have been taking drugs for stomach ailments, migraine, blood pressure, diabetes & a host of "illnesses" just stop eating **wheat** products & you will surprise yourself by a return to good health.

Here's a recommendation for your health...go to the [blog http://www.wheatbellyblog.com](http://www.wheatbellyblog.com) & scan all the testimonies of people who have gone wheat free.

One testimonial: "It's amazing that we don't think the foods we place in our mouths could be the cause of most, **if not all**, of our health issues. When I tell people that I **won't touch wheat anymore** they think I'm crazy, but I don't care. I'll keep telling them to get the book "Wheat Belly". Dr. Davis, you're a Godsend & amazing. I don't care what the industry says. **Thank you for being one of the few doctors to speak up & not be afraid to buck this big old system!!!**" She was led down this path by the endlessly repeated mantra of **"eat more healthy whole grains."** Her problems were all due to the **chronic poison she was encouraged to ingest, modern wheat.** "Dangerous Grains" & "The Dark Side of Wheat" are two other books you should read.

Weight loss, often to astounding degrees, relief from acid reflux and bowel urgency, freedom from joint pain, reversal of eczema and other skin rashes, no more depression or anxiety—just a few of the surprising and unexpected health transformations that develop by following the NO WHEAT lifestyle.

That our most cherished & hallowed food is also ONE of the primary causes of ALL of our modern diseases may be distressing to many...the scientific evidence exists & is well worth your attention. ALL modern diseases (cardiovascular, metabolic/diabetic/hormonal, cancers, autoimmune) are strongly related to systemic inflammation. The "cause" of that inflammation has been elusive. Until Now!!!

With millions of testimonials, the anti-wheat movement is onto something real. Govt & companies that produce wheat flour & its products need to take a serious look at the dangers of **modern wheat.** If agencies worldwide can tell us of the dangers of AIDS, smoking & alcohol...its time that they also do the same for wheat. To govts it must be asked why do you prefer to break your bank to meet the cost of drugs & healthcare for chronic illnesses, than to revise outdated views on diet?

Will you sing that tune "But what will I eat!" ...the song of a true wheat addict. God has blessed this earth: **"With rain He causes to grow for you the crops, the olives, the date-palms, the grapes, & every kind of fruit. Verily! In this is indeed an evident proof & a manifest sign for people who give thought."** [16:11] **Eat FRUITS, provisions & nuts (three wise men-u items).** Examine ALL labels & avoid any food with mention of wheat. It's not a bad idea to **avoid foods with labels!** Cucumbers & spinach, for instance, don't come with labels. Use your imagination to create tasty recipes.

So why do the French fries taste so good? Before 1990 McDonalds fries were cooked in beef-tallow, giving them more saturated fat than the hamburgers. Amid criticism over the amount of cholesterol however, McDonalds was forced to switch to pure vegetable oil in their fryers. The flavour now comes from **chemical compounds** created by the highly secretive flavour industry. The formulas for flavour compounds & who the clients of the industry are is protected information. **"Natural flavour" & "artificial flavour" are both man-made compounds created in the labs** of companies like International Flavors & Fragrances, which also produces many perfumes. Flavours are created by blending scores of chemicals together. The FDA does not require these companies to disclose their ingredients so long as the company considers them to be **"generally regarded as safe."**

Conventional foods (those grown using pesticides and other poisonous chemicals & those grown in oft-nutritionally depleted soil) contain a variety of chemicals that are poisonous to the human, plant and

animal organism. This main fact is often overlooked in the so-called "studies" comparing organics with non-organics. Instead such studies focus on nutrient content, although not according to any scientific model.

Non-organic food growers use chemical sprays that are neurotoxic (damage the nerves), endocrine disrupting (interfere with hormonal systems), carcinogenic (cancer-causing) and disease causing in various other ways. Not only are pesticides used on non-organic crops, but also herbicides & fungicides.

There is a lack of knowledge about **"food as medicine & medicine being food"** among the medical community & the public. Healthcare reform begins when people start looking at foods like kale, collards, garlic, red onions & leeks as more than just food & fuel for the body. What happens when Pharma meets Farm in a biomedical face-off? Farm always WINS!! Its time we awaken from the sorcery-like spell of pharmacia (Greek word meaning: drug, potion, charm, spell, poison), and realize everything we need is in our backyard.

We've got to shift our focus to prevention thru eating natural foods, a far less expensive approach to healthcare, by educating ourselves and accepting that true economic stability in our communities will come about when we reduce the cost of healthcare, so we don't go bankrupt paying for health insurance, treatment & hospitalization. A healthier population translates into higher productivity at work, healthier kids at school & healthy people investing in their community, feeding the growth of the local economy.

Food is immensely rich as it is full of wisdom & pleasure. Every bite is a history & a story. Each person's, each country's, and each region's identity lies in their food. Sample a dish from Guyana & you are somehow linked to the Atlantic. Imagine how every fruit drink you sup is a memory of a place, of the seasons & the heat & the cold it had to go through, of an entire landscape, or the exquisite taste of a single vine. And isn't it fascinating how one can go places, relocate and live in another place, but will always hunger for the tastes of home?

Eating whole foods will help us to attain the bodily freedom that is a precondition for the liberation of the human soul & spirit. Bananas are mentioned in the Quran as one of the fruits of Paradise: **Amid thornless lote-trees & banana-trees, one above another. Extended shade & water flowing constantly, & abundant fruit, neither intercepted nor forbidden.** (al-Waqi'a: 28-33). At your next meal, slow down & have a merry feast! As you chew, think about this verse: **"Therein for you will be fruit in plenty, of which you will eat as you desire."** [43:73] And there will be **no pregnant males** in Paradise!!!

**Though Mother Nature's formulas are proprietary, she does not grant patents**



**Humanity's perennial obsession**

One of humanity's modern but tragic behaviours is the routine **atomization** of our food into its nutritional components. **The soul is in the whole.** However, we lose the soul when we destroy the whole in favour of a list of constituents. We take strange comfort in creating formulas for our physical health **without** considering our emotional health. These formulas borrow from labels. They borrow from lists of vitamin C super-foods & **not** from the experience of squeezing just picked oranges into a glass of fresh, bright juice; from omega 3/omega 6 ratio statistics & **not** from the anticipation of a dinner of roasted, nut-crusted wild salmon; from so-called recommended daily intakes of grams of protein & **not** in the elegance of a resolutely fluffy mushroom omelet. We focus on the parts & consequently we lose the soul. Inhabiting the soul is the healing & the pleasure of food – the very results we seek. Tragically, we lose those too.

**The whole food is more than the sum of its parts.**

When we consume fragments of a whole food, our bodies feel the absence of the missing parts & proceed to seek them. Reduction of whole things into parts of things is a process our consciousness has perfected.

The reduction of our experience of food into ingredients & further into mono-chemicals teased out from the plumbless background of complex chemistries however, fails us. The perpetual objective of simplifying when applied to food & eating robs us of the real healing. Rushing through all the trappings of modern life, **we forget how rich & vivid food tastes like. Everything is fast, often cheap, even easy.** But food is so much more than just the food we gobble up.

Eating should be slow: unhurried in the way one delights in it, and especially in the way it gets to the plate. It is only when we see the wisdom & rewards of eating will we realize how much is at stake at the plate. And let's remember these words anew, **"if more of us valued food & cheer above hoarded gold, it would be a much merrier world."**

O mankind! **Eat** of that which is lawful & good on the earth

People are fed by the Food industry which pays **no attention to health** & are treated by the Health industry which pays **no attention to food.**

**N**inety-five percent of all chronic disease is caused by food choice, toxic food ingredients & nutritional deficiencies. When diet is wrong, medicine is of **no use**. When diet is correct, medicine is of **no need**. The sly marketing scheme of “fortified with this, enhanced with that” is such a schemozzle. Eat real food. Not “food” where the “real stuff” is put back in. **Food & medicine are inseparably bound within God’s plants...**it awakens your inner physician.

What makes an apple so good for us? Is it the vitamin C? Vitamin K or B6? Is it the soluble fiber or the insoluble fiber? Is it the potassium or the phytosterols? **Or is it the apple?** *What a concept!* In the realm of whole food nutrition, the whole is **more** than the sum of the parts. Apples are **not** medicine, rather, they are the means by which medicines become unnecessary. It is through authentic nourishment and detoxification – both functions which are provided to us through most fruits – that we prevent & treat disease.

We have lost that primal connection to food. Our palates have been irritated with powdered drinks promising slenderness & a perpetual stream of food that can be conveniently eaten with one hand while we text, drive or open the microwave with the other.

Indeed, **is there not something holy about a kitchen?** The scoured gleam of row upon row of metal vessels dangling from hooks or reposing on their shelves till needed with the air of so many chalices waiting for the celebration of the sacrament of food. The range like an altar, before which mothers & yes, fathers, bow in perpetual homage, a fringe of sweat upon their lips & the fire glowing in their cheeks.

The family meals, **what a bother they are considered by some**, but in reality **what a blessed**

There is eddoe, coconut, sweet potato, breadfruit flours on the local market.

sacrament they are when prepared as an act of loving & faithful service. To prepare food for those you love is one of the most beautiful things in life. The food your loved ones eat means life or death to them. The health of those you love depends upon the purity, the cleanliness, the amount of really nourishing & well-balanced ingredients put into each meal. Do not trust such a wonderful & beautiful task to the hands of the **careless**, the **indifferent**, the **bad-tempered**, and those who might mix the food with a **negative magnetism & influence**. An **impure thought** poisons the food handled. A **bad temper** is the cause of a spoilt dinner, & if we could always trace the feelings of depression to their source, or the after dinner pain to its cause, we might be much astonished. All food is a symbol of the Bread of Life. Here is a meditation for you, earnest & busy cook: Handle the food as a type of bread that came down from heaven. Meditate upon that.

Magic is lost as we sanitize the libidinal origins out of the experience of eating & ignore the therapeutic value in the mindful preparation of our food. We fixate on fast & easy. Twenty minutes spent compiling a lettuce wrap filled with favourite foods affords us an opportunity to meditate that the ten spent warming a product constructed by a stranger in a sterilized kitchen does **not**. The setting in which we eat is central to the healing power of our food. Eating from packages – not plates – is not more practical or beneficial. Cooking for & serving the beloved people in one’s community seems to be impractical when it is only slightly less convenient but boundlessly more rewarding than eating alone.

We were meant to eat **whole foods**, **not supplements** extracted from the real thing. We were meant to prepare food with & for others & enjoy & consider those preparations in community. We were meant to eat **without layers of plastic or paper interrupting** our sensory journey. At our current post-modern pace & with our penchant for the instantaneous & the distilled, this propensity for diminution not only steals the joy from our food, it may eventually do us in.

We eat, collectively, with a glum urge for food to fill us. We are ignorant of flavour. We are taste-blind. Western science is obsessed with deconstructing food, researching & analyzing its component parts, isolating the “active ingredients,” repackaging them in pills or powders & prescribing them in daily doses. MADNESS.

According to Annemarie Colbin, Ph.D., author of Food & Healing, this chemistry-based theory of

nutrition is **completely upside down**. “Whole foods are those foods that nature provides & all the edible parts.” She limits them to foods that have one ingredient, such as plants, whole grains, beans, vegetables, fruits, nuts & seeds. Animal foods are a little trickier to identify. Eggs are a whole food, but steaks are not. Whole foods help control cravings: When we eat only part of a food that has been “fragmented,” broken down into its component parts, our bodies know & want what’s missing. This can set us up for cravings according to Dr. Colbin. She cites table sugar as an example. It is a fragmented food taken from the whole food, sugar cane. So little of the sugar cane makes it into the final product that it takes 17 feet of cane to make one cup of sugar. What’s missing is mostly the water content found in cane, and the result is that sugar makes you thirsty. If you drink sodas, which have about 12 teaspoons of sugar in a serving, you’ll be thirsty afterward & continue to drink more, **creating a vicious cycle**.

Why you might crave junk food: In fact, this problem can affect people who are trying to be healthy just as much as people who are eating junk food. Be careful of vitamin & mineral supplements. Although they may have a place at certain times to treat a deficiency, they are also fragments of food. The body may have difficulty processing these isolated nutrients outside of the whole food. Dr. Colbin suggests that supplements may even make you less likely to want to eat vegetables & set you up for junk food cravings to balance out too many vitamins or minerals. Her advice is to use vitamins & supplements **if medically required**, but not every day & not forever.

It’s all about maintaining the natural balance in the foods that nature provides. And there’s no need to worry about striving for perfection or changing your diet radically. Aim for 70% **whole foods** in your diet to keep everything in balance. Start small, make a few changes, listen to your body & you will notice a difference. **Your health is at stake!** The difference between a whole food & a patented synthetic chemical (pharma drug), is that God made the former, & men with profit-motives & a deranged understanding of the nature of the body made the latter.

Carlo Petrini, founder of the Slow Food Movement believes, “everyone has the right to good, fair, & clean”. Good food is of high quality & delicious. Clean food refers to the way it is produced & transported & fair, to the pricing & treatment from both the consumers’ & the producers’ point of view. Its mission of educating & providing foundation for universal access to good, clean

& fair food has been the movement’s banner since its original incarnation in the late 1980s as a committee protesting the opening of McDonald’s.

You are what you eat! Nothing controls your body more than the food you put in it. The one piece of advice that must be dispensed to those who ask how to lose weight is, **STOP EATING FAST FOOD. AND STOP EATING GMO “foods”**. Period. **Forget** Wendy’s, Mario’s, McDonald’s, Taco Bell & Pizza Hut. Drive past them. **Don’t get your children hooked on it**. The fact that this toxic garbage finds its way, with or without your knowledge, into schools, restaurants & refrigerators is frightening. **Re-introduce yourself & your family to real food**. Your body & mind will thank you in countless ways. Eat animals that were treated well, fed real food, not pumped full of antibiotics. To eat any other way is too scary to comprehend.

Many food companies engage in a number of unhealthy & unethical practices to keep their **profits at record highs**. Here are some of the bad policies facilitated by the fast food industry, & to which we contribute to every time we eat fast food:

The unhygienic & inhumane treatment of cows & chickens. Animals kept in tight, enclosed spaces don’t get the exercise or fresh air they need to be healthy. **The natural food source of cattle is grass**, yet they are fed a low quality corn meal mixed with hooves, horns, stomach lining & cattle remains from previous slaughters. Similarly, chickens get fed some grain & the stuff left at the bottom of the cages of earlier chickens (shredded newspaper & feces) mixed with feathers, claws, beaks & other unused chicken parts. Feeding animals feces & the remains of other animals have been linked to the spread of diseases like Mad Cow Disease & E. Coli.

Substandard quality of food: Animals also being pumped full of antibiotics & hormones (to create the semblance of health) creates **low quality “food”** eaten by millions, which contributes to poor health, food poisoning & spread of disease. Not to mention that random tests at fast food places found that there are feces in your hamburger.

Three quarters of US health care spending goes to treat chronic diseases, most of which are preventable & **linked to diet**: heart disease, stroke,

God has **FORBIDDEN** you only Al-Maytatah (meat of an animal that dies of itself), blood, the flesh of swine, & any animal which is slaughtered as a sacrifice for others than God

Quran 16:115

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