

The Great Gluten-Free Error

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In recent times, people have been experiencing adverse effects from grains, especially wheat. Several doctors concluded that gluten was the problem. This assumption was backed up by people feeling better after removing gluten products from their diet. This diet was further perpetuated by a multi-billion dollar gluten-free industry. However, they couldn't explain why people didn't have the same adverse reactions when they consumed wheat in Italy and other European countries. The answer is that it wasn't the gluten that was causing the adverse reactions, but rather the glyphosate (Round-up weed killer) that is used in the production of wheat. In Italy and many European countries, glyphosate is banned. Also people who switch from regular grains to organic grains do not have the same adverse reactions. There is a very small percentage of people who actually have celiac disease and who are gluten intolerant. The rest of the public are suffering from glyphosate poisoning. Wheat is nutritious. The human race survived on wheat for 14,000 years.

Organic grains have less chemicals used in their production. However, they may also absorb toxic chemicals from the air. Most of the chemicals are removed when the outer bran and germ is removed. Some people react to brown rice, but not to white rice. Some people react to whole wheat flour, but not white flour. Whole grains contain more nutrients than milled grains, however they may also contain more toxic chemicals. If the choice is between toxic chemicals or food with a little less nutrients, it seem the latter is a better choice.