



TO GRAIN OR NOT TO GRAIN

We all have different body types, which means we all metabolize food differently. With 80% of immune function and 95% of serotonin production located in the digestive system, health undeniably begins in the gut. You simply cannot be healthy if your gut is not healthy. While grains and beans are healthy for many people, they can promote inflammation in others.

If you are not digesting a certain food properly, your gastro-intestinal system cannot function properly, which impacts every bodily function and system. If you find it difficult to go grain-free during the program, then by all means add in some of the grains that are listed here. But let's look at why many people are going grain-free.

Many people who suffer from digestive issues, inflammation, joint pains, thyroid problems or auto-immune disease find that following a grain-free diet is less inflammatory, and reduces troublesome symptoms.

Eating a diet with common inflammatory foods can lead to "leaky gut syndrome." Leaky gut occurs when the intestinal lining has ruptured from 'abrasive' and even undigested foods. Leaky gut sets off a cascade of reactions, beginning with imbalance in the digestive system. However, when the digestive wall ruptures, undigested food particles and toxic waste matter move beyond the digestive wall and pass into the body, which irritates the immune system and the enteric nervous system leading to inflammation, auto-immunity, depression and more.

When you remove gluten from your diet for a healing interim (3 weeks recommended) you'll more easily determine if gluten nourishes your body, or inflames it, when you try adding it back in. By identifying what inflames your body, you learn how to reduce inflammation and how to restore a healthy gut.

If feel you feel you need something heavier in your diet like grains, experiment with the choices I offer below, or consider substituting with sweet potatoes or starchy squashes.

For grain prep, make sure you follow the instructions for soaking grains here.

- 1 cup of grains
- 2 tablespoon of an acid* (Braggs Raw Apple Cider Vinegar, lemon or lime)
- 2 cups of warm water

Put all your ingredients into a bowl, and soak for 7-24 hours. After soaking, rinse the grains in water 2-3 times.

Cook the grains per instructions.

The soaking of grains breaks down the phytic acid, which is not digestible by humans and inhibits the assimilation of the nutrients.

ARE GRAINS ARE RIGHT FOR YOU?

It takes experimentation and patience to find out which foods work best with your body. This practice applies to grains as well. We all metabolize grains differently. Some people can thrive on grains, while others feel inflamed, depleted and drained when they eat them.

Please be aware that to achieve the maximum benefit from the detox and to boost weight loss, grains should be eliminated, but this is not mandatory. If you want to add one grain per day, you will still have weight loss results. If you do decide to add grains, please be sure to be using portion control when consuming them -- about ½ cup [cooked or raw?] or the size of a tennis ball is an appropriate serving size.

1. They must be REAL, 100% grains. This means NOTHING refined, such as pasta, crackers, cakes, pretzels, bread or chips.
2. Choose only gluten-free grains. Gluten is a gut irritant and makes tiny lacerations in the intestinal wall. These partially undigested food particles (gluten) leak into the system and cause inflammation, which can lead to a host of problems including weight gain, joint pain, muscle aches, headaches, acne and psoriasis. Please note any pain in the body can be a sign of inflammation.

If you choose to include grains, please be sure to choose from these low glycemic and gluten-free carbohydrate options whenever possible. (I offer these recommendations mostly for AFTER the detox. I HIGHLY recommend elimination of grains during the detox.)

CARBOHYDRATE OPTIONS

- Food for Life brown rice tortilla with an avocado, a slice of tomato, sea salt and black pepper
- Mary's Gone Crackers™ with pumpkin seed butter or sunflower seed butter and cinnamon
- Bowl of quinoa, buckwheat or millet with dulse sprinkles and steamed vegetables
- Sweet potato with cinnamon, nutmeg, 1 teaspoon coconut oil & 1 teaspoon raw honey

To optimize weight loss during detox, grains are best tolerated either first thing in the morning (breakfast) or within 1 hour of a workout.

If you find you are hungry within two hours of eating grains, it is a sign that most likely they do not agree with your body type and you should avoid them.

GLUTEN FREE GRAINS:

1. Quinoa is loaded with protein, vitamins, minerals and fiber. This is my favorite grain due to its exceptional nutritional profile. It's easy to digest and really versatile. It can be prepared savory or sweet.
2. Kasha
3. Buckwheat
4. Millet
5. Brown rice
6. Amaranth