Why Are Grains and Legumes So Unhealthy?

It's good to point out that grains and soy aren't edible in nature without processing, so it's safe to assume that we haven't eaten them for millions of years. Only since the advent of agriculture have we started to rely on grains for our food supply. That was a HUGE mistake. There are several reasons why grains and soy are bad:

Grains are, in fact, a large supply of starch, surrounded by a kernel. Starch decomposes (digests) into maltose and isomaltose in the intestines, which then decompose into glucose. You can look at it in this way: when you take a slice of bread and crush it in your hand, you are virtually eating that amount of refined sugar. The problem is that sugar elevates blood sugar levels amazingly fast which causes your pancreas to produce large amounts of insulin to metabolize it. Humans are not adapted to eat such large amounts of concentrated carbohydrates, and the pancreas and adrenals aren't fit to do the job. Over time, one can develop insulin resistance, hypoglycemia and diabetes II. Another problem is that the immune system crashes when your blood sugar levels increase to high levels. It takes hours for the immune system to recover fully.

Another problem with refined grains is that they are void of minerals and vitamins, which are needed to properly digest and metabolize the huge amount of starch. So, each time you eat a slice of bread, your body needs to take minerals and vitamins from its limited stores to digest and metabolize it. Over time, you will develop deficiencies of these vitamins and minerals.

You can eat the grains unrefined, but then a lot of antinutrients will remain. Antinutrients are substances that bind to essential vitamins and minerals, making them worthless or impossible to absorb from the digestive tract. So, either way, refined or unrefined, grains will cause problems.

Further, many grains contain a lot of allergens which upset your immune system and cause the development of allergies. Think about this: Through millions of years of evolution, humans did NOT eat grains until relatively recently (4,000-10,000 years ago), and since that time, we have been relying on this food. Our genes aren't adapted to these foods. Grains are, in fact, incompatible with humans (as well as dogs, cats and many mammals).

Soy beans aren't edible raw, and they are full of antinutrients and substances that act like hormones in the human body. Eating soy can cause women to have menstruations that last 2 days longer than normal and are much more painful. Another problem with grains and soy beans is that they can't be eaten raw, which only allows us to eat them cooked. Cooking essentially damages all foods. The more you eat raw, the better you will feel.

Perhaps the most important reason why grains are bad: they are very hard to digest properly. As I said above, they need to be digested in two phases: First, the starches, which are very long chains of carbohydrate molecules, must be separated into small pieces consisting of 2 glucose molecules. This is called maltose (or isomaltose). Next, the intestines need to produce enough enzymes (maltase) to digest the maltose into the elemental glucose molecules. As you can see, this is quite a lot of work. The problem is that the human body isn't fit for this job, so part of the starch that isn't absorbed descends into the large intestines, feeding immune challenges, causing inflammation, gas, damage to the wall of the intestines and other problems.

Compare this to fruit and honey, which are predigested goods. They primarily contain glucose and fructose, which don't need to be digested at all and can be absorbed painlessly by the intestines. Because everything is easily absorbed, it can't feed the immune challenges.

As for the problem of not getting enough carbs…no such problem exists. Carbohydrates are optional. You can survive and feel perfectly healthy on a zero-carbohydrate diet. For example, Eskimos who virtually eat zero carbohydrates and thousands of people eating according to a low-carbohydrate diet are much healthier than people eating grains every day.

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