



*Whole Grains*  
**48 Day**  
 Transformation  
 With Dr. Michele Menzel, ND

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*Meet Dr. Michele Menzel*

Doctor of Naturopathy, Diplomat of Pastoral Science, Certified Nutritional Counselor, German New Medicine Consultant, Certified Natural Health Professional

*Disclaimer*

- Not a licensed medical doctor.
- This lecture is not intended to diagnose, prescribe or treat any illness.
- Statements not approved by the FDA or any other state regulated organization.
- These statements are from research gathered by Michele Menzel, ND.

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*History of Whole Grains*

- Started with simple grass seeds
- By about 4500 BC, grain had become a staple food
- The first method of *preparing* grains was to parch them and then boil them whole
- The first *milling* was achieved by crushing wild grain with rocks.
- Then, people began to grind the grain with a mortar and pestle
- Eventually, the first round, flat *loaves* of bread were made from heavy porridge-like pastes of flour and water that were baked in front of the fire
- The nearest modern equivalents are the chapattis of India and Mexican tortillas

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### *Fermentation*

- Made bread lighter and more digestible
- Phosphorus in the bran of whole grains is tied up in a substance called phytic acid
- Phytic acid combines with iron, calcium, magnesium, copper, and zinc in the intestinal tract, blocking their absorption
- Traditional societies usually soak or ferment their grains before eating them.

This process neutralizes phytates and enzyme inhibitors and, in effect, pre-digests grains so all their nutrients are more available.



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### *The Benefits of Sprouted Flour*

- Easier to digest— Sprouting breaks down the starches in grains into simple sugars so your body can digest them like a vegetable (like a tomato, not a potato).
- Increased Vitamin C
- Increased Vitamin B— B2, B5, and B6
- Increased Carotene—up to eight times
- Increased Enzymes—The embryonic plant actually produces enzymes during sprouting.



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### Nutrients Lost in the Refining Process

- Thiamine (B1) 77%
- Riboflavin (B2) 80%
- Niacin 81%
- Pyridoxine (B6) 72%
- Pantothenic acid 50%
- Vitamin E 86%
- Calcium 60%
- Phosphorus 71%
- Magnesium 84%
- Potassium 77%
- Sodium 78%
- Chromium 40%
- Manganese 86%
- Iron 76%
- Cobalt 89%
- Zinc 78%
- Copper 68%
- Selenium 16%
- Molybdenum 48%

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- ❖ In nature, carbohydrates are linked with vitamins, minerals, enzymes, protein, fat, and fiber
- ❖ Dozens of dough conditioners and preservatives are added to modern bread, along with toxic ingredients like partially hydrogenated vegetable oils and soy flour
- ❖ The extrusion process, used to make cold breakfast cereals and puffed grains, adds high temperatures and high pressures that further destroy nutrients
- ❖ Chemical preservatives allow bread to be shipped long distances and to remain on the shelf for many days without spoiling and without refrigeration.

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### Tips

- ❖ Ideally, you should buy organic or biodynamic whole grain berries and grind them fresh to make homemade breads and other baked goods
- ❖ The second best option is to buy organic 100% stone-ground whole-grain flours at a natural food store
- ❖ Look for freshly baked or frozen organic naturally fermented sour-dough or sprouted breads
- ❖ Since they contain no preservatives, both whole grain flour and its products should be kept in the refrigerator or freezer.

*Any process that renders the entire grain into usable flour without exposing it to high heat is acceptable*

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## Spelt > Wheat

Spelt Contains:

- Approximately 30% higher in thiamin (vitamin B1)
- Approximately 25% higher in B6
- Approximately 45% higher in vitamin E

- Higher in unsaturated fatty acids
- Supports good blood circulation
- Higher in water solubility
- Approximately 10–25% higher in protein,
- Higher percentage of amino acids
- Higher level of L-tryptophan



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**EINKORN:**  
UNCHANGED  
FOR 12,000 YEARS.

### Facts About Einkorn

**MODERN WHEAT:**  
BRED FOR HIGHER YIELDS  
AND STRONG GLUTEN.

- ❖ This original wheat was the first species grown by man more than 12,000 years ago
- ❖ Einkorn has never been hybridized and is the most genetically pure wheat
- ❖ It is a very good source of fiber and protein.
- ❖ Einkorn was the first species of wheat to be domesticated by humans during the Neolithic Revolution
- ❖ Einkorn grows best in cold climates
- ❖ It entered the Bronze Age and then diminished over time as new, higher-yielding wheat varieties evolved.
- ❖ Einkorn wheat has a protective layer (hull) that remains intact after harvesting
- ❖ Einkorn can still be found in the wild in Turkey and in some parts of Europe.

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“Einkorn has always remained the purest form of wheat. Like einkorn, most plants are diploids, which mean they have one set of chromosomes from a male parent and one from the female parent. When other species of wheat were created, additional sets of chromosomes were added. Emmer wheat was created roughly 2000 years after einkorn by the hybridization of two wild grasses adding two sets of chromosomes. Kamut® and Durum wheat are descendants of Emmer. Spelt was the first wheat hybridization that occurred with the help of man between cultivated emmer and a wild grass, creating a species with six sets of chromosomes. Common bread wheat descended from spelt.”

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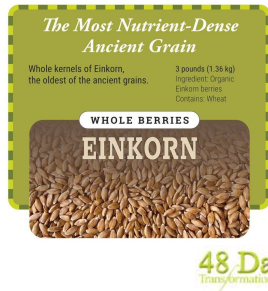
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## Nutrition Benefits of Einkorn

- High in thiamin and essential minerals
- Good source of protein, iron, dietary fiber, and a number of B vitamins
- Contains a significant amount of the powerful antioxidant lutein
- Higher oxygen radical absorbance capacity (ORAC) than durum and bread wheat
- Higher content of proteins, tocopherols, and carotenoids than other species of wheat
- Lower percentage of nutrient loss during processing



Einkorn is considered to be the healthiest grain now being offered

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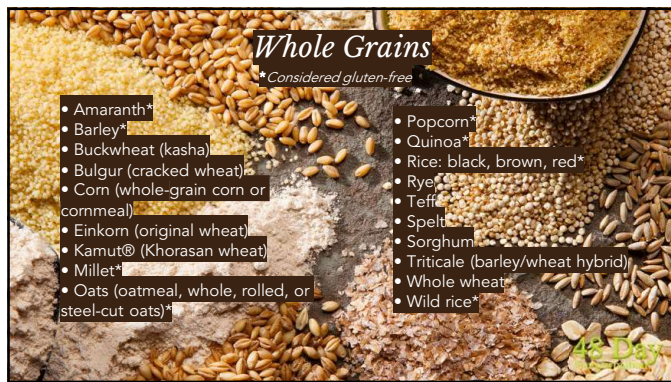
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# Gluten-Free Craze



**So, what is all the fuss about gluten?**

- ❖ *Gluten-free* is the latest buzzword in health. The term "gluten-free" means to eliminate grains and foods containing gluten
- ❖ The gluten grains include wheat, barley, rye, and spelt
- ❖ Personally, I would not recommend any gluten-free baked goods on the market today
- ❖ Many people who are negatively affected by gluten don't fully understand why
- ❖ Some choose to eliminate it because it is the latest health "discovery," but others experience digestive problems, allergies, fibromyalgia, chronic fatigue, ADD, or autism
- ❖ Some don't really know what gluten is, but just feel better not eating it.

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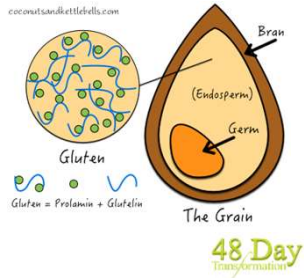
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## What is Gluten?

Gluten (from Latin *gluten*, meaning *glue*) is a protein composite found in foods processed from wheat and related grain species, including barley and rye.

- Gluten gives elasticity to dough, helps it rise and keep its shape, and often gives the final product a chewy texture.
- Gluten may also be found in some cosmetic, hair, and other dermatological products.
- Gluten is usually defined as "a protein in wheat, barley and rye," but really, gluten is a mixture of two types of proteins: prolamins and glutelins.
- Gluten is found in all grains, but while the gluten's prolamins in rice and corn are safe for celiac patients, the prolamins in wheat (called gliadin), barley (called hordein), and rye (called secalin) have been found to cause a negative response in the body.



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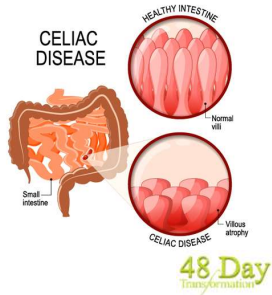
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## What is Celiac Disease?

### Standard Medical Definition:

*Celiac disease is a disease of the digestive system that damages the small intestine and interferes with the absorption of nutrients from food. Celiac disease occurs when the body reacts abnormally to gluten, a protein found in wheat, rye, barley, and possibly oats. When someone with celiac disease eats foods containing gluten, that person's immune system causes an inflammatory response in the small intestine, which damages the tissues and results in an impaired ability to absorb nutrients from foods. The inflammation and malabsorption create wide-ranging problems in many systems of the body. Since the body's own immune system causes the damage, celiac disease is classified as an autoimmune disorder.*



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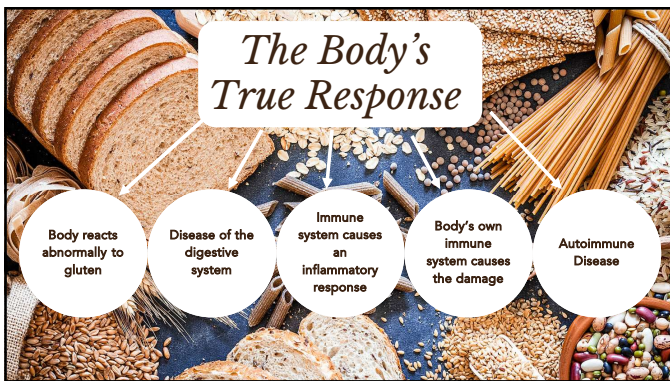
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## The Body's True Response



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## Why Are We Sensitive to Wheat Gluten?

- Are we sensitive because the Standard American Diet mainly consists of refined wheat products?—Yes.
- If we ate grains prepared correctly, would we still be so sensitive?—No.
- Is it really the gluten (*no*) or is it the fact that we have modified our wheat grain, sprayed it to death with toxic chemicals, and refined and processed it to create high-gluten flour without the nutrient base to help us digest the gluten?—Yes.
- Could your digestive problems be related to a situation in your life that needs to be resolved?—Yes.

**Types of gluten intolerance**

Celiac Disease	Gluten Sensitivity	Wheat Allergy
<b>Definition:</b> Autoimmune disorder; eating gluten damages the small intestine.	<b>Definition:</b> Intolerance to gluten without damage to the small intestine.	<b>Definition:</b> Immune response to one or more proteins found in wheat.
<b>Symptoms:</b> Diarrhea, bloating, abdominal pain, weight loss.	<b>Symptoms:</b> Diarrhea, bloating, abdominal pain, brain fog, headache.	<b>Symptoms:</b> Diarrhea, bloating, abdominal pain, nausea, vomiting, rash, itchy eyes, itchy throat, trouble breathing.
<b>Treatment:</b> Eliminate all gluten from diet.	<b>Treatment:</b> Eliminate gluten from diet.	<b>Treatment:</b> Eliminate wheat from diet.

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## Are These Whole Food Products? \*Read Natural-Food Labels\*

### Look for:

- Hidden salt
- Type of sugar
- Bad oils
- GMO ingredients
- Organic, but white flour and white sugar?
- Gluten-free—types of flours, additives, fillers

Are these whole foods?

**Checking food labels for gluten 101**

**Nutrition Facts**  
 140 calories  
 14g total carbs  
 14g total sugars  
 14g total fats  
 14g protein

**DOES IT SAY GLUTEN FREE?**  
 If only the words "gluten free" are on the label, it does not mean it is gluten free. Always check the ingredients list for gluten-containing grains like wheat, barley, and rye.

**IF IT DOESN'T SAY GLUTEN FREE ANYWHERE, CHECK THE INGREDIENTS FOR GLUTEN.**  
 Be cautious of brand ingredients (e.g., malted barley, brewer's yeast, etc.).  
 Always check for allergen labeling on the manufacturer or brand on social media.

**CHECK THE ALLERGEN STATEMENT**

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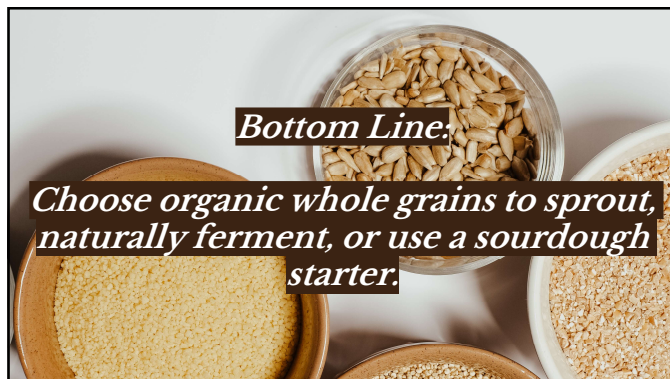
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