

Four Very Important Vocab Words- Wheat Belly book- Dr. William Davis, M.D.

1. Amylopectin A- A very Unique, One of a Kind Nasty Wheat Protein

- A complex carbohydrate found in wheat
- (pgs. 32-34) 3 Types- A, B, C
 - Amylopectin B- found in bananas, potatoes and is fairly digestible
 - Amylopectin C- found in beans/legumes, not easily digested
 - Amylopectin A- found in wheat is extremely digestible and absorbable
- Ease of digestion makes Amylopectin A a SUPER CARBOHYDRATE- easily converting to glucose (blood sugar) more than any other carbohydrate- beans to candy bars
- (p. 35)-This ease of conversion causes the beta cells of the pancreas to send out insulin to bring down the blood's glucose level. Over time, the pancreas loses its effectiveness.
- (p. 33-34) Glycemic Index (GI) of 2 slices of whole wheat bread is higher than a Snickers bar!
- (p. 35) The Amylopectin A induced surge of glucose lasts 120 minutes, followed by a glucose plunge creating a 2 hour cycle that repeats itself all day long. Wheat is addictive.

2. Insulin- Reason #2 to not eat wheat

- Has two jobs
 - Allows glucose to enter cells for immediate energy. If it is not used up through exercise or bodily functions, it has to be stored. Only the liver can actually store glucose.
 - Converts glucose entering the trillions of cells in the body to **FAT**= stored for future use.
- Wheat Belly fat is visceral fat. The body stores this excess glucose-turned fat around the belly where it is safely away from vital organs. This is the unhealthiest fat in the body.
- High blood sugar spikes, followed by a surge of insulin, lead to low blood sugar, creating a blood sugar roller coaster. If this cycle is repeated day in and day out over years, wheat belly fat gets bigger and bigger resulting in obesity.
- Increased weight and blood sugar 'roller coastering' also leads to diabetes. Wheat is fueling the world wide obesity and diabetic epidemics.

3. Gliadin- Reason #3 to not eat wheat

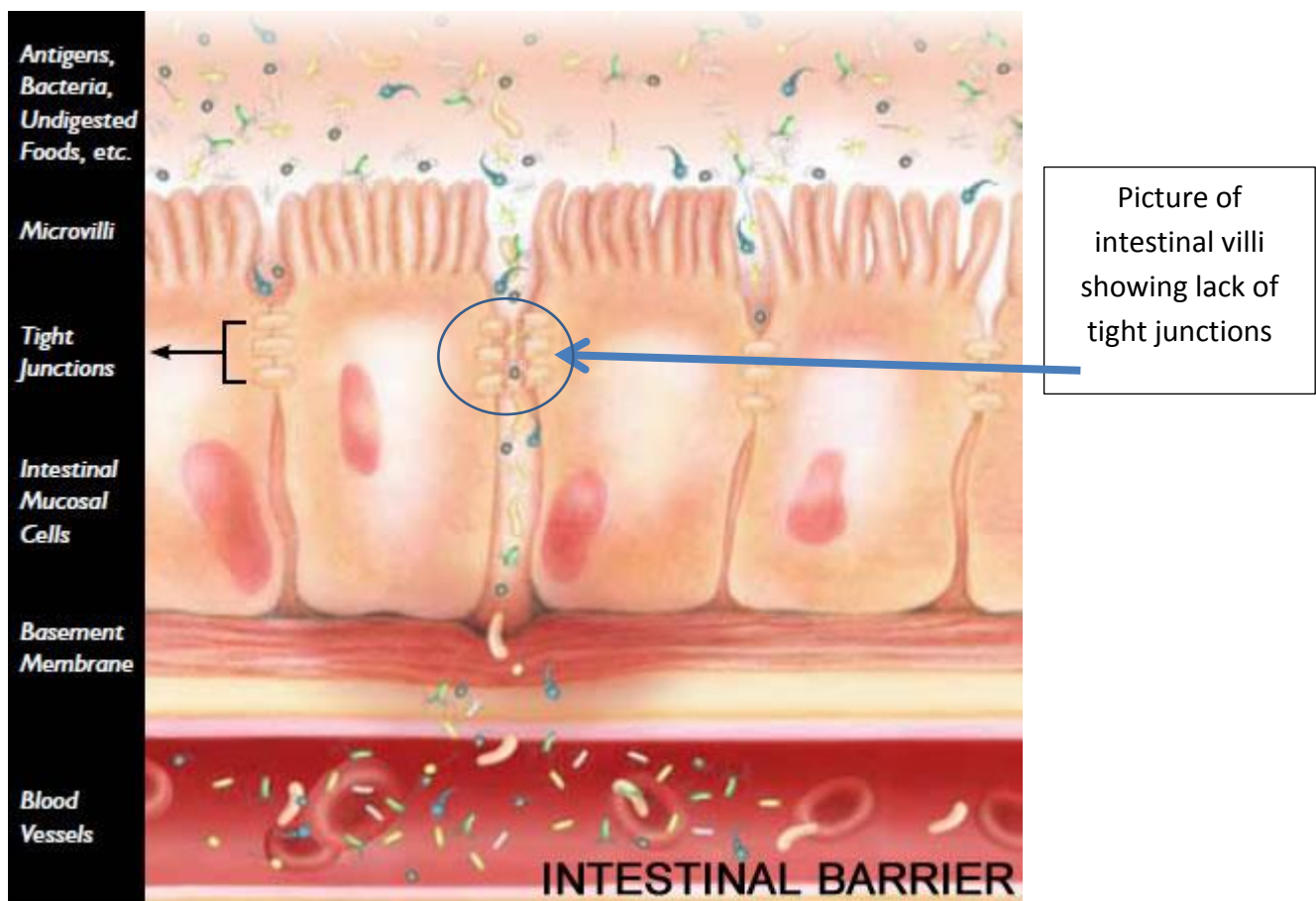
- (p. 38) Today's wheat has 2 protein forms: Glutenin and Gliadin (glee AH din)
- (p. 38 & 48) Gliadins trigger inflammatory responses and the opiate receptors in the brain. Dr. Christine Zioudrou coined the term "Exorphins" for this addictive response. (p. 49)
- (p. 50) Wheat digestion yields morphine-like compounds that cross the blood brain barrier and bind to opiate receptors inducing a reward of mild euphoria. More wheat = more euphoria.
- (p. 53) Wheat is in effect, an appetite stimulant that makes you want more and more cookies, cupcakes, pretzels, candy, bagels, muffins and pizza.

4. Wheat Agglutinin- Reason #4 to not eat wheat

(Excerpted from Dr. Davis- IHMC (Institute for Human and Machine Cognition) 1 hour You Tube video:

<http://www.youtube.com/watch?v=UbBURnqYVzw>

- (Background Info). Lectins are a simpler version of the human immune system for plants. Lectins are proteins that protect plants because they are toxic to birds, mold, fungi, insects, etc.
- Wheat Germ Agglutinin (WGA) is a toxic lectin that destroys intestinal integrity in the small intestine of humans. It works with Gliadin (Glee AH din) to produce a double whammy in the gut. (Ricin is an example of a very poisonous lectin)
- Human intestines are smart in that they prevent many harmful substances from entering the blood stream. Gliadin proteins have the ability to unlock normal intestinal barriers allowing the WGA to enter and poison the blood stream
- Intestines have tiny villi that usually have “tight junctions” between them. Gliadin and WGA loosen those junctions, allowing all kinds of foreign substances to sneak into the blood stream.
- This is the main reason people who eat wheat often suffer from Rheumatoid Arthritis, Lupus, Colitis, Crohn’s disease, and other auto-immune and inflammatory diseases. Leaky-gut, too.



<http://www.bing.com/images/search?q=picture+of+intestinal+tight+junctions&id=4B77D0732EEA017A966F871054122F60C4DBB31A&FORM=IQFRBA#view=detail&id=4693BCADD9A05957BD5CCA25EC36D77932509E02&selectedIndex=30>