



SEEDS (WHOLE & FLOURS)

(Why Avoid Grains and Beans)

By Dr. Donna F. Smith

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Purpose of this Educational Document

This document explains why grains and legumes/beans are not healthy for the human body and provides a list of seeds that not only are healthier and safer for the human body, they can be used in any way that you previously used grains or beans. In other words, as cereals, in casseroles, added to salads, vegetable dishes, etc.

Because the research on grains and beans was not originally known, even in the various academic studies I received when getting my Ph.D. in Clinical Nutrition or my N.D. (Doctor of Naturopathy), you will find some documents posted on our website that still include these.

However, this is primarily because I have not had the opportunity to update those documents, so simply cross out all foods listed that are in the grain, legume and bean family.



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Seeds & Healthy Preparation of Foods

Below is a list of seeds that can replace grains, legumes and beans in your diet:

1. Amaranth
2. Buckwheat
3. Millet
4. Quinoa
5. Teff
6. Wild Rice

I love to steam Quinoa or Millet, and then add them to my salads, either one at a time, or together. Buckwheat or Millet is also great as a hot cereal, rather than Oatmeal.

Seed flour is perfect for making flatbread, which is the healthiest bread to make.

You may also use seed flour for making healthy desserts, such as cookies, cakes, and other pastries, as long as all other ingredients are healthy. For example, using:

1. Healthier sweeteners, such as raw Stevia, maple syrup, sorghum, or Medjool dates, rather than refined sugar, fructose, sucrose and other isolated sweeteners,
2. Water, fruit juice, goat's milk or homemade nut milk, instead of cow's milk for the liquid, and of course,
3. Seed flours instead of flour made from grains.

Furthermore, in the healthy preparation of your food (baking, grilling, stir-fry or other methods of heating on the stovetop or in a crockpot, etc.), the heat must not be over boiling point (212° F) to prevent forming **Acrylamides**, a chemical known to cause cancer, that damages the nervous system, affects fertility and more.

Because the above fact about the formation of Acrylamides by cooking at temperatures over boiling point is not commonly known, this means that the food you have been consuming all your life has Acrylamides, i.e., pre-cooked or baked food, purchased at the grocers, health food stores, restaurants and even your own home-cooking, when you prepare food at temperatures over 212° F.

Additional Reading:

1. For more information on adverse health effects caused by heating food over boiling point, refer to my document titled, "***Cooked Foods – Critical Temperatures.***"
2. More information on Acrylamides, Cancer and Chemotherapy is located on the Cancer Prevention webpage.



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A Word About Stevia

1. Note: Stevia is preferred for people who have high or low blood sugar imbalances because it does not adversely affect blood sugar levels, like all other sweeteners, whether healthy or not.
2. However, you want to use raw, organic Stevia. Otherwise, Stevia that comes in packets, you are buying Stevia which may contain lead and other toxic substances.
3. You can purchase raw, organic Stevia powder from MountainRoseHerbs.com.

A Word About Goat's Milk

Some sources say goat's milk is not mucus-forming; others simply say it causes less mucus than cow's milk, which is extremely mucus-forming. And though Goat's milk may be digested by the human stomach, unlike cow's milk, if you have allergies or any sensitivity to mucus-forming foods, I recommend that you either avoid goat's milk or use my **Food Introduction Response (FIR)** form to test it for yourself.

The bottom line is all mucus-forming foods should be avoided. Mucus-forming foods whether mild or severe, prevent nutrient absorption through the mucus membranes that line the esophagus and other parts of the body. They also collect in tissue and in time can form cysts, tumors, and other growths.

Grains

Grains contain lectins that can damage the gut lining, increase inflammation, and play a role in the development of autoimmune disease, insulin resistance and liver pathology, according to "The Paleo Solution" (Wolf, Victory Belt Publishing, 2010).

About the Paleo Diet

It was because of the popularity of the Paleo Diet, that the truth about grains and legumes/beans became more rapidly known. However, the Paleo Diet is not 100% healthy, regardless of its contribution in spreading the word about avoiding grains and legumes/beans.

For example, a high protein diet is not for every metabolic system. Also, a Paleo Diet includes bacon and other porcine body parts, which are loaded with parasites. You can take bacon that has been burnt to ash, put the ash under the microscope and still see microscopic parasites moving around. This takes us back to the Bible's warning against eating hoofed animals.



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Legumes/Beans

Legumes include all beans, peas, lentils, chickpeas, black-eyed peas, navy beans, kidney beans, pinto beans, tofu and other soy foods, and peanuts. This also includes peanuts, peanut butter and soy sauce. Legumes are not allowed in the Paleo Diet because of their high content of lectins and phytic acid.

Though Beans are Legumes, not all Legumes are Beans. For examples, **peas, lentils, and peanuts** are not beans but are legumes.

Legumes are eaten in their immature form as green peas and beans, and their mature form as dried peas, other dried beans, lentils and chickpeas.

The protein called, lectins, in Legumes, Beans, as well as grains, also, causes a reaction in certain people. Lectins can bypass normal digestion and end up in your bloodstream, where the body may have an immune reaction. Immune reactions, such as bloating, low energy, poor appetite, being prone to infections, and generally feeling poorly.

In general, Beans have carbohydrate chains that can take a while for your body to process and its indigestible fiber can also cause distress.

The inflammation caused by consuming Legumes and Beans can lead to malabsorption of nutrients and can affect your activity levels because you feel bloated all the time.

In general, if you can't tolerate something after trying small amounts for a few weeks, it's best to leave it out of your diet, permanently if it is an unhealthy food; temporarily, if it is a healthy food. Once we have improved the function of your entire Gastro-Intestinal system, you can add back the healthy foods.

Food Introduction Response (FIR)

I would use our **Food Introduction Response (FIR)** test to determine which foods your body can or cannot tolerate. For example, if you cannot tolerate one or more of a particular healthy food right now due to a weak, dysfunctional GI system, use the FIR test once a month, to monitor your digestive (GI) system healing progress so you will know when you can add that healthy food back into your diet.

However, for unhealthy foods, like dairy, refined sugar and white flour products, grains, legumes, and beans, you should always test sensitive, whether this is evident by the symptoms eating that food presents or when using the FIR test, because your body should always react to toxic, poisonous foods.



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Most people become aware of foods their body cannot tolerate (metabolize) because symptoms generally occur within a few hours or up to three days after consuming the food. However, when the digestive (GI) system is dysfunctional and weak, it may not have enough energy to react with symptoms.

This is why the **Food Introduction Response (FIR)** test will help you identify food sensitivities when your symptoms cannot.

More about Lectins and Toxic Compounds

In particular, kidney beans contain a lectin called phytohemagglutinin, which can be quite toxic. Symptoms can include gastric distress and vomiting.

Phytates (Phytic acids) are another nutrient found in beans that can cause trouble for people who are already clinically malnourished (test results are low in many nutrients) or who have been eating an imbalanced diet that includes grains, legumes and beans, especially when the diet includes a higher amount of these three than vegetables, fruit, nuts, seeds or animal proteins.

Phytate molecules tend to bind minerals and impair the body's absorption of minerals, like copper, iron, zinc, calcium and so on.

I call Grains, Legumes and Beans, anti-nutrients because they either bind to nutrients (any nutrient, not just minerals) thus, inhibiting the absorption of other nutrients and/or bind and remove wholesome healthy nutrients out of the body. This then, over time, can cause new mineral deficiencies or make your current deficiencies worse.

This means what you read on a nutrition label may not be what you actually get out of the grains, legumes or beans because your body's ability to absorb those nutrients can be compromised.

The long and short of it is that the human body doesn't deal well with some of the compounds naturally found in grains, legumes and beans, so even in small amounts they can cause reactions. Sometimes your body has been reacting for such a long period of time that you have just gotten used to it and you don't really know what "normal" feels like. So, cutting out grains, legumes and beans can make a big difference in how you feel.

Now having said all of the above, you will find Phytates in all types of foods, not just Legumes/Beans and Grains, however, some experts say that eating a balanced diet of healthy foods (vegetables, fruits, seeds, nuts and animal proteins) and avoiding Grains, Legumes and Beans, the intake of Phytates are minimal and hence has an adverse effect because evidently, these latter three are higher in Phytates.

Sprouting and fermenting of healthy foods promotes the breakdown and reduces the amount of Phytates.