PLANTS & HERBS

Avoid Wheat: This Is Why It Is Toxic & Makes You Sick

By bestfolkmedicine · 22/01/2019 · 2 min read



Nowadays, there is a lot of talk about gluten-free diets and some of you who are reading this may be following it. This nutrition appeared as a diet solution for those who are allergic or sensitive to gluten, that is, to products that contain this protein, including wheat.

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But, according to experts, there is something far worse than gluten we should be worried about, i.e. the herbicide Roundup which is sprayed onto wheat fields.

Herbicide Is Destroying Our Food

Unfortunately, Roundup and other herbicides contain an ingredient known as glyphosate. The ingredient is deadly for barley and wheat. It has been used during the pre-harvest since the 80s. The herbicide dries out the plants and eases the collection procedure and helps for earlier and bigger harvest. But, this is being done at the cost of our health!

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According to Dr. Stephanie Seneff from MIT, her study showed that the exposure to glyphosate causes the plant to release more seeds and thus, elevates the yield. From 2012, as the US Department of Agriculture claims, 99 percent of drum wheat, 67 percent of spring wheat, and 61 percent of winter wheat have been sprayed with herbicides.

And, the percentage increased over the years, that is, 88 percent increase in durum, 91 increase in spring wheat, and 47 percent in winter wheat. The usage of pesticides is very common in numerous other countries, but not in every. For example, in Netherlands, the usage of Roundup is prohibited.

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Farmers Profit from Pesticides & Consumers Suffer Poor Health

Even though the herbicide industry claims that glyphosate is minimally toxic to humans, according to newest research in the Entropy journal, this chemical is damaging to our physiology. Namely, its active ingredient negatively influences good gut bacteria that are in charge of synthesizing pivotal amino acids.

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Good gut bacteria are also crucial for our optimal health and in addition to synthesizing vitamins, they also better the digestion and strengthen the immunity.

Moreover, glyphosate also impedes the production of enzymes in the gut. They are essential for detox of chemicals that the body is exposed to. The research found that the people who were exposed to this chemical through the usage of Roundup became more sensitive to the damaging influence of the toxins and chemicals they encountered in the environment.

Other health issues associated with glyphosate include inflammation, obesity, gastrointestinal diseases, heart illness, diabetes, infertility, depression, and Alzheimer's. This being said, switching to a gluten-free diet may not be only beneficial for those with an allergy or sensitivity to gluten, but for

everyone!

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Before heading out, do not forget to check out the video below and learn more about Roundup and its damaging effects:

Sources:

HEALTHY FOOD HOUSE

DAVID WOLFE

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