Gluten Free Diet Benefits

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Remove the Wheat from Your Diet

One current diet strategy for those who have lupus is to eliminate wheat and have a gluten-free diet. There's a physiological reason why this is working for those who have lupus and their symptoms and condition improve.

The Connection of Wheat to Lupus

The reason is because of the genetic structure of the wheat plant. Hybridization started long ago in early centuries but in 1943, it took a turn for the worst. That's when the Rockefeller Foundation and the Mexican government put their brains together and created the International Maize and Wheat Improvement Center. Their goal was noble – to stop world hunger, but the hybridization processes used were devastating to health.

Surprisingly, the high-yield dwarf wheat plant that was created won its developer the Nobel Peace Prize and other high distinctions because it increased wheat yields eight times. However, a hybrid of a wheat crop doesn't have the same DNA as the two parent strains. Five percent of the proteins are different. The genes expressed in the plant are genes for gluten proteins, far more than what the original wheat plant had.

It's these extra genes that make someone wheat sensitive and gluten sensitive. However, when you add additional genetic modifications to the picture, you now have additional problems. The plant may be drought resistant or cold resistant but what is the effect of those genetic modifications to human health? This is what was never tested, and essentially everyone eating modern day wheat is part of the big experiment.

For example, animals fed soybean plants that are Roundup Ready show alterations in their liver, pancreas, intestines and testicles compared to those who don't eat genetically modified soybeans. The genetically-modified wheat ends up altering the DNA of those who eat it, just as the genetically-engineered soybeans did in the animals. One change occurs in the Glycemic index of the wheat, raising the index into the high Glycemic index range. This ends up causing biochemical changes in your body via insulin. Thus, hormones are involved in the process of dealing with the changed plant structure.

The problem, according to Dr. Peter Osbourne who is an alternative healing practitioner, is that the genetic changes can be linked to over 300 different diseases. Lupus and other autoimmune disorders, diabetes, obesity, autism, neurological disorders and infertility are only some of them. When the wheat is removed from the diet, the disorders such as lupus then begin to go into remission.

How to Remove Wheat from Your Diet

The question is how are you going to remove wheat from your diet when it's such an important part of the American diet? Here's a 5-step process for transitioning to a gluten-free diet, one process that's important for every person suffering from lupus today:

1. **Know what foods contain wheat or gluten.** The list includes all grains, including corn, soy, rice, wheat, rye, and barley. Until your body stops having an autoimmune reaction to the wheat, you must remove all grains.
2. **Know what you can eat.** You may be safe with buckwheat since it's not in the wheat family and does not contain gluten.
3. **Start experimenting with flours.** Flours such as buckwheat flour, mesquite flour, coconut flour and almond flour are safe to use. Taro may also be used. Make your muffins, waffles, pancakes, and quick breads out of these.
4. **Find the right mix.** Eat enough protein, wholesome fats such as butter, coconut, and avocado, and fruits, vegetables and nuts to fill in your diet.
5. **Don't look back; only look forward.** Start to count the symptoms that are going into remission. You'll want to do this with a log.

Lupus is an autoimmune disorder, and wheat / gluten is an instigator of autoimmune disorders. Give yourself a good six months on this diet. You'll most likely be exceptionally happy with your results.