

Lifestyle Paths

Let's learn the reasons *why* these components (gluten, grains, and dairy/casein) in the lifestyle paths are so important to meeting your health and vitality goals.

The Biggest Food Allergen Offender is Wheat

There, I said it! It's no surprise wheat has become the dominant grain of our modern culture. The problem is that wheat, as we know it, has been through tens of thousands of hybridizations over the past 50 years to modify its genetic characteristics, resulting in an increase in its gluten content. It has never been tested for its safety for human or animal health.

To add fuel to the fire, since 1998, U.S. wheat farmers have been using Roundup as a pre-harvest desiccant, not just to kill weeds but to dry out the wheat plants to allow for an earlier, easier, and bigger harvest.

Dr. Stephanie Seneff, a research scientist at the Massachusetts Institute of Technology (MIT), explains, "When you expose wheat to a toxic chemical like glyphosate (*the active ingredient in Roundup and other herbicides*), it releases more seeds as it dies, resulting in a slightly greater yield."

Such a practice causes absorption of toxic glyphosate right into the wheat kernels themselves.

(**Dr. Stephanie Seneff** reveals how glyphosate wrecks human health on Page 25.)

Dr. William Davis, is a cardiologist and author of the New York Times bestseller *Wheat Belly*. He explains that the modern, new genetically altered (*hybridized*) wheat strains raise blood sugar levels much higher than any other carbohydrate, even candy!

In people with diabetes, both white and whole-grain wheat bread increased blood sugar 70 to 120 mg/dl over their starting level. These extremes of blood sugar and

insulin are responsible for the growth of fat, specifically in the visceral organs (*heart, liver, kidneys, pancreas, small and large intestines*) that manifest as a large fat belly! Not only is this undesirable, but it's very unhealthy!

High blood sugar = high insulin = stored body fat = belly fat = insulin resistance = diabetes

This applies to all related health complications including risks for heart disease, dementia, rheumatoid arthritis, and colon cancer!

Hopefully, **making a change** is starting to sound worthwhile to you.

Dr. Davis states that low-fat diets rich in "healthy whole grains" increase triglycerides, increase bad LDL cholesterol and total cholesterol, lower good HDL cholesterol, and cause the majority of type 2 diabetes. He came to the disturbing conclusion that it is not fat, not sugar, and not our sedentary lifestyle causing our nation's obesity epidemic. Rather, it is the dominant consumption of wheat and its high gluten content!

Dr. Eric Westman of Duke University has been successfully validating the concept that diabetes should be regarded as a disease of "carbohydrate intolerance." Elimination of carbohydrates (*wheat, other grains, corn, white potatoes, sugar, and most fruit*) and consuming at least 20 grams of vegetable carbs per day not only improves blood sugar control but can erase the need for type 2 diabetes medications and cure 75% of patients.

**Ready to Learn How to Lose Weight,
Look Great, and Feel Great?
Read On!**

Lifestyle Paths

Gluten-Free



What is gluten?

Gluten (*from Latin gluten “glue”*) is a sticky protein composite in wheat and other grains. It gives elasticity to dough, helping it rise and keep its shape, and often gives the final product a chewy texture.

Gluten is commonly found in most baked goods, breads, crackers, croutons, cookies, cakes, donuts, cereals, pasta, pizza, flour, gravies, soups, battered fried foods, vegetarian/vegan protein (*Seitan*), licorice, soy sauce (*made with wheat*), and beer.

Gluten is traditionally known to be present in products made with wheat, barley, rye, spelt, durum, kamut, couscous, orzo, matzo meal, semolina, farina, kasha, graham flour, bulgar, triticale, and oats (*unless they are labeled gluten-free*). I'll reveal more about this in the grain-free section.

See “Forbidden List” in the *Discovery Diet*.

Gluten is bad for everyone!

Dr. Alessio Fasano, pediatric gastrointestinal specialist and gluten researcher, explains, “In your stomach you have stomach acid. If you were to put your finger into this stomach acid, it would be dissolved to the bone in 20 minutes. So, we took gluten and put it into stomach acid, and after 24 hours there was NO change. What we realized is that gluten is NO good for NO one!”

Because gluten doesn't digest, the undigested gluten causes an abnormal overgrowth of gut bacteria, which leads to a leaky gut (*intestinal permeability*). Leaky gut syndrome

is permeable spaces between the cells of the intestinal/gut wall that allow large food molecules, bacteria, viruses, parasites, fungus, yeasts such as *Candida*, and toxins to leak into the bloodstream and cause infection, food sensitivities and allergies, autoimmune diseases, and other adverse symptoms and conditions.

See “Leaky Gut Syndrome” in the *Resources* section.

Gluten causes inflammation and promotes weight gain!

Dr. Mark Hyman is an internationally recognized leader in the field of integrative medicine and author of *Ultra-Metabolism*, *Ultra-Mind Solution* and *The Blood Sugar Solution*. He explains, “Gluten is one of the most common undiagnosed causes of inflammation that also promotes weight gain. Gluten sensitivity is actually an autoimmune disease that creates inflammation throughout the body, with wide-ranging effects across all organ systems including your brain, heart, joints, digestive tract, and more. It can be the single cause behind many different diseases.”

Celiac disease is one of the end stages of gluten sensitivity. Celiac disease is an autoimmune digestive disease caused by gluten, which severely damages the intestinal villi (*villi are small, finger-like projections that protrude from the epithelial lining/barrier of the intestinal wall that absorb nutrients from food*) and causes intestinal permeability (*leaky gut*).

Celiac disease is diagnosed when there is total villous atrophy (*severely damaged villi throughout the entire intestinal tract*), whereas gluten sensitivity may have partial villous atrophy.

Biopsies are flawed, because they only check a small area of the intestines for villous atrophy, which may not yet be severely damaged.

Gluten Sensitivity May Affect as Many as 90 Million Americans

Most people think that celiacs are the only ones who need to be concerned with gluten. **Dr. James Braly**, a renowned food allergy expert and author of *Dangerous Grains*, states that “Non-Celiac Gluten Sensitivity may affect as many as 90 million Americans (33% of the population). Gluten sensitivity is much more widespread than celiac disease, where only 1 out of every 40 Americans is diagnosed.”

Gluten sensitivity is not a disease; however it has been linked to over 200 different types of chronic illnesses and conditions. Celiac disease is only one of them!

Most doctors are not even aware of gluten sensitivity and are only taught to suspect celiac disease if the patient has extreme weight loss, diarrhea, stomach pain, bloating and vomiting. That’s why there are so many people with undiagnosed gluten sensitivity and celiac disease. Do you or your loved ones have any of the many conditions and symptoms listed on the *Gluten Sensitivity Self-Test* located in the *Assessment* section? Then, you may need to educate your doctor, find a functional medicine doctor who specializes in gluten sensitivity and celiac disease or find a certified gluten practitioner through the website www.TheDr.com. This website also offers the Gluten Sensitivity Test as well as the other tests.

Gluten is Addicting

Gluten contains morphine-like substances (*Gluteomorphins*) that stimulate opioid receptors in the brain and mimic the effects of opiate drugs like heroin and morphine. They are very addictive because of their calming, euphoric effect. Don’t be alarmed, but you may

go through some withdrawal symptoms from these addictive opiates!

The brain is particularly vulnerable. Gluten can affect behavior, cause learning difficulties, change emotions and moods, and cause neurological diseases. Three out of four celiac patients have lack of blood flow to their brain that can result in headaches, depression, anxiety, and Alzheimer’s disease.

Dr. David Perlmutter, a neurologist and author of *Grain Brain*, explains, “Alzheimer’s is a disease predicated primarily on lifestyle choices; the two main culprits being excessive sugar and gluten consumption. Another major factor is the consumption of genetically engineered (GE/GMO) grains (including corn). GMOs are now in 80% of all processed foods sold in the U.S., including gluten-free products! The staples of our modern diet aren’t only increasing the risk of dementia, but contributing to depression, epilepsy, and headaches.”

It’s also important to note that your brain contains 25% of your body’s cholesterol, which means that cholesterol-lowering drugs (*statins*) can cause impaired brain function as well.

Gluten also alters our immune system, which can dramatically increase our risk of developing many different kinds of cancer. If people with celiac disease continue to eat gluten, studies have shown that they will increase their chances of gastrointestinal cancer by a factor of 40 to 100 times that of the normal population. Gluten can kill you!



Grain-Free



The truth about grains – have we been led down the wrong path?

Dr. James Braly, an expert in food allergies and gluten sensitivity

and author of *Dangerous Grains*, states that grains are very difficult to digest and weren't a regular part of the human diet until the recent advent of agriculture (*grains*) 10,000 years ago. Compared to the millions of years of human evolution, this is a minuscule amount of time and is not nearly long enough for us to have adapted to grains.

Despite the fact that farming required more effort than hunting animals and gathering fruits and vegetables, grains provided several advantages that made the additional effort worthwhile. Because grains could be stored for long periods, they became a reliable source of food. This allowed humans to settle into more permanent communities and establish better living quarters.

Archeological evidence shows that the transition from hunting and gathering to agriculture has had an undesirable impact on human development. Research indicates that early adapters of agriculture were smaller, more diseased, had a reduction in life span, an increase in infant mortality, an increased number of dental cavities and enamel defects, and smaller brains and weaker bones than their hunter and gatherer predecessors. This includes a 5 to 6 inch reduction in height and an 11% reduction in brain size.

Maybe our smaller brains are preventing us from realizing that we can't outsmart nature!

Technology Isn't Always Good

Not only have we failed to recognize this significant problem, but we've made it much worse with the technological advances of food

processing. Most modern grain-based foods are highly processed, have excessive amounts of sugar and refined carbohydrates, and contain toxins from pesticides and additives. These foods are bad for ALL of us.

Farming has also contributed to the problem. Many issues associated with grain-based foods are caused by the protein gluten. This protein allows grains to store nutrients that are beneficial to their growth and survival, particularly in colder climates. As the use of agriculture spread to the North, the colder weather facilitated the evolution of grains that contain much higher amounts of gluten for a hardier plant than before.

Gluten is important to food manufacturers because of its beneficial baking characteristics. As such, farmers now have even more incentive to favor grains with the highest gluten content. Because of food processing and selective farming, the grain-based foods that we eat today are much less nutritious and contain much more gluten than they did previously. Based on this, the frequency and severity of health issues that are related to grain-based foods shouldn't be much of a surprise.

Gluten is Found in ALL Grains

The protein gluten is a generic term that loosely refers to the family of storage proteins found in ALL grains. Gluten is classified in two groups, the prolamines and the glutelins. The most studied, and most troublesome, component of gluten is the prolamine called gliadin in wheat. However, many studies show that up to 50% of celiacs do not react to gliadin. Instead, they are reacting to a different set of prolamine peptides in wheat and other grains.

A True Gluten-Free Diet is Grain-Free

Grain	Prolamine (Protein)	% Total Protein
Wheat	Gliadin	70
Barley	Hordein	50
Rye	Secalinin	30 - 50
Corn	Zein	55
Sorghum	Kafirin	52
Millet	Panicin	40
Oats	Avenin	16
Rice	Orzenin	5

Gluten Protein Content in Grains

Dr. Peter Osborne, a functional medicine doctor and gluten specialist, explains that most people who go on a traditional gluten-free diet (*wheat, barley and rye free*) still experience health issues, such as bloating and fatigue. They can't seem to lose the excess fat, believing their issues are unrelated to gluten. The hard truth is that they are still consuming foods that have hidden gluten, which is causing them to unnecessarily suffer. "As a matter of fact, multiple research studies have proven that as many as 92% of patients following a traditional gluten-free diet don't get better because they are still unknowingly taking in gluten from other grains."

See the "Gluten Protein Content in Grains" chart.

You DO NOT Want a Leaky Gut

Not all seeds are healthy. Quinoa and amaranth have similar properties to grains, including chemical defense systems that irritate the gut. They contain soap-like molecules called saponins, which punch holes in the membranes of the microvilli cells and cause leaky gut. Saponins are so irritating

to the immune system that they are used in vaccine research to help the body mount a powerful immune response.

Dr. Matt Lalonde, a chemist at Harvard University, says that "eating grains cause leaky gut in everyone. People with celiac disease or other autoimmune diseases have more obvious responses, but it affects everyone. Over time, the accumulation of damage may result in an autoimmune disease or a number of other health problems."

Dr. Loren Cordain cites evidence from his book *The Paleo Diet*, as well as his and other published research, that grains are hard to digest, contain anti-nutrients gliadin and glutenin that cause intestinal permeability (*leaky gut*), promote inflammation, and cause high insulin levels. That's a recipe for disaster that leads to disease in the form of diabetes, obesity, cancer, heart disease, and autoimmune diseases (not to mention diverticulitis, a precursor to colon cancer).

Did you know that grains can cause autoimmune diseases?

Autoimmune diseases are the #3 cause of death in the industrialized nations.

Dr. Tom O'Bryan, an international gluten expert and the creator of "The Gluten Summit," says there are more than 80 different types of autoimmune disorders (*when the immune system makes a mistake and attacks the body's own healthy cells, tissues, or organs*). Here are just a few examples: multiple sclerosis, rheumatoid arthritis, lupus, fibromyalgia, thyroiditis, type 1 diabetes, psoriasis, Crohn's disease and celiac disease. A person may have more than one autoimmune disorder at the same time. According to the American

Autoimmune Related Diseases Association (AARDA), autoimmune diseases affect up to 50 million Americans!

The 3 tiers to developing an autoimmune disease are:

1. A genetic vulnerability (*Celiac Gene HLA-DQ2 or HLA-DQ8*)
2. Environmental triggers, which include toxic exposure, trauma, a stressful event, a parasite or infection, overuse of anti-inflammatory medications, and/or gluten grains
3. Intestinal permeability (*leaky gut*)

Why is this worth knowing?

Science tells us that if we address these factors in the development of auto-immune diseases, we have the possibility of “arresting” and even “reversing” the conditions we may be experiencing.

Celiac Genes (HLA-DQ2 or HLA-DQ8) are now considered “Gluten Related Disorder Genes”:

- Up to 50% of the people with non-celiac gluten sensitivity have a celiac gene but do not have celiac disease.
- 30-40% of people worldwide carry a celiac gene.
- There’s 93% accuracy of the celiac gene testing for vulnerability, because 7% of people with celiac disease do not carry the gene.

Note: Celiac gene testing is strongly suggestive but not diagnostic unless you **also** have elevated anti-tissue transglutaminase (TGG) antibodies (*tissue transglutaminase is an enzyme that repairs damage in the body*). If you have one

of the genes and elevated (TTG) antibodies, and continue to eat gluten, you will absolutely develop celiac disease within seven years.

Danger! Corn and Soy

Just because you’re eating gluten-free, doesn’t mean you’re eating healthy!

The gluten-free food market is a booming business making billions in revenue annually. The problem is that much of this gluten-free food is processed junk food made with genetically modified/engineered (GMO/GE) ingredients such as corn and soy, which have been implicated in a wide variety of health problems.

Dr. Stephanie Seneff, a research scientist at the Massachusetts Institute of Technology (MIT), reveals how glyphosate wrecks human health. Glyphosate, the active ingredient in Monsanto’s broad-spectrum herbicide Roundup, is generously doused on genetically engineered (GE) Roundup Ready crops (GMOs). This is possibly “the most important factor in the development of multiple chronic diseases and conditions that have become prevalent in Westernized societies.” These include but not limited to autism, gastrointestinal diseases such as inflammatory bowel disease, chronic diarrhea, colitis and Crohn’s disease, obesity, allergies, cardiovascular disease, depression, cancer, infertility, Alzheimer’s disease, Parkinson’s disease, multiple sclerosis, ALS (aka Lou Gehrig’s Disease) and more!

GMOs kill the beneficial gut bacteria, which then leads to Leaky Gut Syndrome and autoimmune disorders.

Dr. Don Huber, one of the most prominent scientific experts in plant toxicology, firmly

believes that glyphosate in GMOs are FAR more toxic and dangerous than DDT. Yikes! GMOs should be totally avoided!

I highly urge you to consider the exclusive use of organic foods when choosing foods that contain soy, corn or canola. 85% of U.S. corn is GMO as are 90% of soybeans, 90% of canola, and 88% of cotton (*cottonseed oil is often used in food products*). As previously mentioned, it has been estimated that upwards of 80% of processed foods on supermarket shelves—from soda to soup, crackers to condiments—contain genetically engineered ingredients.

Download the free list of Non-GMO foods from www.NonGMOShoppingGuide.com

Read more about GMO Corn & Soy in the Did You Know? section.

Note: This guide only lists foods that are non-GMO. It doesn't list conventionally grown crops or crops in which Roundup was used as a pre-harvest desiccant.

I would highly recommend choosing organic foods over conventional foods, because conventional foods are often grown with the use of toxic chemicals such as herbicides, pesticides, fungicides, and synthetic fertilizers. Since many cancers are caused by toxic chemicals, which are also damaging to your nervous system, choosing organic foods will lower your risk of developing cancer and other diseases related to chemical exposure such as Parkinson's and Alzheimer's.

As mentioned before, wheat is pre-harvested with the use of Roundup (*glyphosate*), so

even if you haven't yet developed a problem with gluten or wheat sensitivity, you should avoid wheat going forward. Barley, sugar cane, rice, seeds, dried beans and peas, sugar cane, sweet potatoes, and sugar beets are

also pre-harvested with the use of Roundup. Just another reason why buying organic is so important to your health!

Grains Make Us Fat

Many of the traditional gluten-free substitutes are also very high in carbs (*high glycemic*). So even though you have given up gluten, if you are still eating those substitutes, you are creating high insulin levels, which cause weight gain and many health problems.

See "Health Problems Associated with a High Carbohydrate Diet" in the Did You Know? section.

The United States Department of Agriculture has been pushing whole grains in the food guide pyramid (1992) for the past 20 years while our nation has continued to get fatter and sicker. It's not just the adults; according to statistics and recent published studies, 50% of our children today are also overweight.

Dr. Joseph Mercola, an osteopathic doctor and author of *The No Grain Diet*, explains, "If you want to lose weight or are striving to achieve a high level of health, limiting grains and sugars is essential."

The Problems with Grains (including Corn):

1. 92% of celiacs following a traditional gluten-free diet don't get better.
2. Grains contain anti-nutrients, enzyme inhibitors, phytates, lectins, and saponins, which can cause malabsorption of minerals, digestive irritation, leaky gut and auto-immune diseases.
3. Grain seeds are soaked with chemical hormones and herbicides such as atrazine to aid in growth. These chemicals mimic estrogen and cause hormone disruption in both men and women.
4. Genetically modified/engineered (GMO/GE) grains can damage your health.

5. Grains contain addictive proteins that can alter behavior, mood, and contribute to mental dysfunction.
6. Grains can cause dementia, ADHA, epilepsy, anxiety, chronic headaches, depression, decreased libido, and much more.
7. Grains are low in the essential fatty acids EPA and DHA (omega 3) that are necessary for reducing inflammation in muscle and joint pain.
8. Grains are a poor source of complete protein.
9. Some cereal products contain highly processed flours that have been stripped of most nutrients. Manufacturers then add back chemical versions of vitamins and minerals that can cause nutritional deficiencies and imbalances.
10. Grains cause excessive insulin response leading to weight gain, obesity, diabetes, and heart disease.

Many people besides celiacs are now adopting a grain-free diet for better overall health because they can feel and see the difference.

Still not ready to jump in and go completely Grain-Free?

OK. I'll make a deal with you. The "*Gluten Protein Content in Grains*" chart shows that rice orzenin is very low in gluten. You can start by keeping some rice in your diet for more options. If after 3 to 6 months you don't feel considerably better; then go completely grain-free.

Understand that all grains, including rice, are high *Glycemic Index* foods. They should only be eaten in moderation and always with protein and/or fat to lower their glycemic response.

You'll learn about the Glycemic Index of Food in Lesson 2: Favorable Foods.

Dairy-Free



We've covered a lot so far – why you should consider a Gluten-Free and, in many cases, a Grain-Free lifestyle. There is one more lifestyle path to discuss – Dairy-Free.

We've all been told how healthy dairy is for us, because it builds strong bones. I'm sure you thought that dairy was the best way to get your calcium, right? Well, here's the real scoop on dairy.

Dairy is a poor choice for calcium – boo for moo!

Animals have strong bones and they don't consume milk all their lives. You need sufficient magnesium for your body to absorb and USE the calcium. The calcium in cow's milk doesn't have sufficient magnesium content, so your body CANNOT absorb it.

Studies show people in countries that consume the highest number of dairy products have the highest frequency of osteoporosis.

We get calcium and magnesium from plants. Good non-dairy sources of calcium include green leafy vegetables (*kale, collards, and turnip greens*), broccoli, root vegetables, figs, raw nuts (*especially almonds*) and seeds, sardines, wild salmon, and (non-GMO) soy beans.

As with grains, dairy is one of the most common foods in the modern diet yet was also an insignificant part of our evolution. As staggering as this may sound, an estimated 70% of the population worldwide is either allergic, sensitive or intolerant to dairy products, according to Walter Willett, MD, the principal investigator of Harvard University Health Professionals.

Dairy Products are Addicting

We think that dairy products are healthy for us and we love them. However, the casein (*protein in dairy products*) contains morphine-like substances (*casomorphins*) similar to the gluteomorphins in gluten that stimulate opioid receptors in the brain and mimic the effects of opiate drugs such as heroin and morphine. They are addicting because of their calming, euphoric effect.

That's why pizza or macaroni and cheese are such popular addictions (*gluten & dairy/casein*)!

Mammalian milk naturally contains casein, so all infants naturally ingest some casomorphins and benefit from its opioid-like calming, euphoric effects.

Dr. Neal Barnard explains that "Casomorphins may be responsible for the mother-infant bond. The brain and body are extremely developmentally sensitive in its early years, and the combination of physical contact, feeding and casomorphins ensures that the baby will continue to nurse and get the nutrients it needs."

Most children lose the enzyme required to digest the lactose (*natural sugar*) in milk by the time they are 5 years old. By that time they are weaned off of mother's milk anyway, or they definitely should be! That's why millions of adults have lactose intolerance.

Don't you find it peculiar that humans are the only species on the planet that wean our offspring from our perfectly balanced human milk for proper growth and make them consume the milk of a totally different species?

Note: The average cow weighs 1500-1600 lbs, which is 8 times a normal man's weight!

The Dairy Protein –Casein Can Cause Cancer

Dr. Colin Campbell, a Cornell University professor and biochemist, states that the casein in dairy products activates liver cancer tumor growth as well as prostate and breast cancer growth. Casomorphins that run amok have also been linked to brain disorders in the central nervous system, sleep apnea, respiration disorders, autism, ADHD and the formation of the bad LDL cholesterol (raising your risk for heart disease).

Cow's milk is notoriously the most mucus-forming food we can consume. Casein, the protein component in milk, is a very coarse substance and is used to make one of the strongest glues known to man.

There is 300% more casein in cow's milk than in human's milk. Casein can clog and irritate the body's entire respiratory system. Dairy products are implicated in almost all respiratory problems. Hay fever, asthma, bronchitis, sinusitis, colds, runny noses, and ear infections can all be caused by the consumption of dairy products. Dairy products are also the leading cause of allergies.

To put it bluntly, cow's milk is an unhealthy fluid. It frequently comes from diseased animals that contain a wide range of dangerous, disease-causing bacteria and viruses plus active hormones, antibiotics, allergens, herbicides, pesticides, and dioxins.

Dr. Colin Campbell states, "There is compelling evidence, now published in top scientific journals and some of which is decades old, showing that cows' milk is associated, possibly even causally, with a wide variety of serious human ailments including various cancers, cardiovascular diseases, diabetes and an array of allergy-related diseases. And, this food contains no nutrients that cannot be better obtained from other far more nutritious and tasty foods."

With this information, you may want to seriously consider giving up dairy or at least get tested for sensitivity to milk proteins (*casein*).

Read "Pasteurized Milk" in the *Did You Know?* section.

Food Allergies and Cravings

Ironically, it is often the foods that you crave that you are allergic or sensitive to.

When you have frequent contact with an allergenic food, it triggers a rise in the opiate receptors of the brain, which produces an addiction the same way as a narcotic does. You've learned about gluteomorphins and casomorphins in the gluten and dairy sections.

1. It starts with our first exposure to a food when we are very young. Our parents didn't realize that the reaction you had (typically affects the ears, nose, throat, lungs or gastrointestinal tract) that caused symptoms such as stomach pain, vomiting or diarrhea, wheezing, ear aches/infections or skin hives was to a so called healthy food. The most common reactions are to wheat, dairy products, peanuts and soy.

2. If they continued feeding you the offending food, the body begins to build up a defense system to mask the original symptoms of the reaction to that food.
3. Continuous exposure causes an addiction to that food in order to prevent withdrawal symptoms.
4. Years later, those unpleasant symptoms you originally felt begin to surface again, while you're experiencing the addictive high from that food. But because you want to believe that your favorite food couldn't be causing your negative symptoms, you look for a medication.
5. Many people can't control their addiction and it eventually causes serious illnesses, including obesity, migraines, heart disease and diabetes.

Don't be alarmed, but you may go through some withdrawal symptoms from these addictive food opiates. I can guarantee you that it's worth it to regain your health!

Candida and Sweet Cravings

Now if craving gluten and dairy wasn't bad enough, you may also be craving sweets. Excessive consumption of grains and sugars promote the growth of intestinal yeast. Having too much yeast in your gut makes you crave sugar, because yeast needs sugar to grow. It's a catch 22.

Candida is a type of yeast naturally present in everyone's digestive tract; however, if your immune system is weak and your digestion is poor, Candida levels can get out of control.

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This causes an imbalance in intestinal flora, sometimes called dysbiosis, which can lead to:

- Asthma
- Chronic fatigue syndrome and fibromyalgia
- Depression
- Food allergies
- Gluten sensitivity
- Irritable bowel syndrome
- Leaky gut syndrome
- Migraines
- Vaginitis
- Weight gain

A Final Word on Lifestyle Paths

I've provided several dramatic facts for consideration that may have shocked you if you're hearing them for the first time. I hope that these facts at least get you thinking!

Ultimately, it's up to you to determine the impact a traditional *Gluten-Free, Grain-Free, and/or Dairy/Casein-Free Lifestyle Path* can have for you. Whether you are renewing your commitment to a healthy lifestyle to improve your quality of life or seeking to eliminate specific symptoms and conditions due to food intolerances and sensitivities, the *Eating for Vitality Diet* program can help you make the appropriate lifestyle choices. It will show you how to integrate them into your everyday life.

If you are following the current diet trends, then you may have heard of the Paleo/Caveman/Hunter-Gatherer diet, which is similar to the *Eating for Vitality Diet – Grain-Free & Dairy/Casein-Free Lifestyle Path*. The only difference is that the Paleo diet also excludes all legumes (*beans*) and doesn't include *The Right Balance* section of this program. When looking for more

recipe options, you can use Paleo and also follow what you'll learn in *The Right Balance* part of this program.

Besides balancing your food selections, sleeping well and stress management are very important components to achieving optimal health and vitality.

See *"Sleeping Well"* and *"Stress Management"* in the *Resources* section.

Lastly, even if you're eating the best diet in the world, you still need to exercise if you want to achieve optimal health and vitality. Be sure to include core-strengthening exercises, strength training, stretching, and cardio exercises such as interval training (*high-intensity "burst" type activities*).

See *"Exercise"* in the *Resources* section of this book.

Get Started on Your Path to Vitality

Now that you have your assessment results and know more about what type of dietary path is best for you, you are prepared to start the *Eating for Vitality Discovery Diet*. This is a quick-start program for success, which is outlined step-by-step in the next lesson.

The next lesson covers the *Include & Exclude Foods* that coincide with your individual dietary lifestyle path. You will learn exactly what to eat and what not to eat. This important lesson will give you specific diet recommendations that make it easy to shop, plan, and prepare meals that are the foundation for better health.

**It won't take long.
You will quickly start seeing success!**