

## THE DANIEL PLAN:

# Rx for a Healthier Nation

The Daniel Plan (DanielPlan.com) contains six core principles and action steps. Step No. 3 is to "Eat Delicious Whole Foods."

As The Daniel Plan website explains: "Have 70 percent of your daily diet consist of whole, living foods including raw or lightly cooked vegetables, fruit, raw nuts, and

seeds. The other 30 percent can include lean protein, whole grains, and starchy vegetables."

■ Other tips: "Don't drink your calories ... Drink water instead."

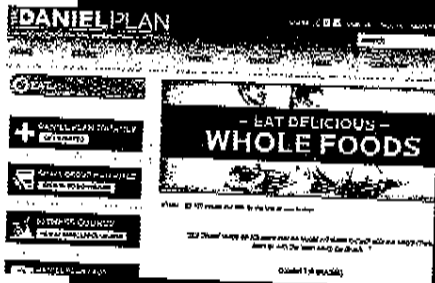
■ "Read the label: Avoid high fructose

corn syrup, hydrogenated oils, nitrates, food coloring."

■ "Avoid the 'white menaces,' flour, rice, potatoes, and sugar (bread, pasta, cookies, cakes)."

■ "Supplement your diet with high quality vitamins, omega-3, vitamin D, and a multivitamin."

■ "Eat a nutritious breakfast that includes protein. Add healthy snacks throughout the day. Low-fat lunches. Light dinners (don't eat within three hours of bedtime)." □



## How does a wheat-dominated diet compromise health?

Eating a wheat-based cereal for breakfast, wheat crackers and pretzels for snacks, two slices of whole wheat bread for lunch and whole wheat pasta for dinner results in too much exposure to amylopectin A, and repeated spikes in blood sugar levels. This leads to insulin resistance and cultivates the growth of visceral fat in the abdomen, which tends toward diabetes and other inflammatory responses.

Even worse, the gliadin protein in wheat is an opiate that stimulates appetite and addictive eating behavior (it does not relieve pain). All this plus the direct intestinal toxic effects of the wheat germ agglutinin protein in wheat add up to a destructive ingredient that spurs acid reflux, bowel urgency and irritable bowel syndrome, and leads to inflammation in various organs.

## Why has wheat suddenly become such a health threat?

The wheat we eat today is not the same wheat our grandmothers used for baking. In the 1970s, in anticipation of a global population explosion and world hunger issues, a well-meaning University of Minnesota-trained geneticist developed a hybridized strain of high-yielding dwarf wheat. By 1985, all wheat products were made from the altered dwarf strain, which now comprises 99 percent of all wheat grown worldwide.

By weight, this modern wheat is approximately 70 percent carbohydrate, in a highly digestible form of a starch known as amylopectin A, which converts more easily to blood sugar than nearly all other simple or complex food carbohydrates. Gram-for-gram, wheat

## ■ The Toxic Home

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be ventilated for at least one hour. Carefully clean up the pieces of glass without actually touching them, seal them in a plastic bag and then take them to a toxic waste dump.

In a study published last year,<sup>7</sup> German scientists discovered that these particular types of bulbs actually off-gas an invisible toxic haze and, therefore, should not be used close to your head or in an unventilated room. Peter Braun, from Berlin's Alab Laboratory, who led the study, determined that several gasses are emitted when the lights were switched on, including phenol, naphthalene and styrene. These are carcinogenic toxins.

Chemicals are used in some foam mattresses, and synthetic fabrics are treated with chemical fire retardants. Mattresses and bedding made with these chemicals may cause reactions in people with sensitivities. The majority have not been tested either on young children or for long-term exposure.

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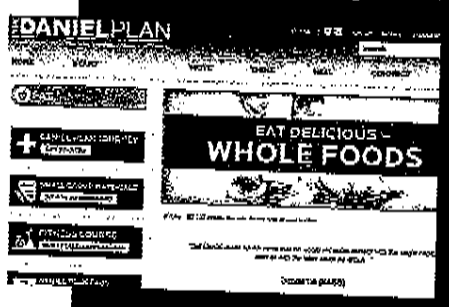
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Enzymes are amazing microscopic molecules, responsible for every chemical reaction within the body. While some enzymes help us to digest food, others digest the garbage that accumulates within the bloodstream. When blood is unhealthy, it can increase fatigue, soreness, and the overwhelming feeling of being run down. Over time, blood naturally becomes riddled with undigested food, decayed and oxidized cells, fibrin, and fatty proteins. These components can impair normal immune and joint function, making us feel tired and sluggish. Whether you're a performance athlete or normally aging adult, healthy blood is essential to vitality and well-being.\* Systemic enzymes purify the blood, supporting cardiovascular health while maintaining healthy inflammatory levels.\* Enzymes may provide temporary relief from everyday activity-related aches and pains.\*