

New Study Shows Efficacy of KAMUT® Khorasan Wheat-Based Replacement Diet Reduces Metabolic Risk Factors in Patients with Non-Alcoholic Fatty Liver Disease (NAFLD)

The fourth in a series of peer-reviewed studies confirms a positive impact of KAMUT® khorasan wheat product usage.

BIG SANDY, Mont. ([PRWEB](#)) April 18, 2018 -- Kamut International announces that [The Journal of the American College of Nutrition](#) has just published the paper, “A khorasan wheat-based replacement diet improves risk profile of patients with non-alcoholic fatty liver disease (NAFLD): a randomized clinical trial”. The study was conducted in Italy by the University of Florence in collaboration with the Careggi University Hospital of Florence. Results demonstrated a positive impact of KAMUT® Brand khorasan wheat products on reducing metabolic risk factors and ameliorating the liver profile in patients with NAFLD. Secondary prevention improvements, including the reduction in inflammation and cholesterol, were also evident.

In the study, two different kinds of products were supplied to volunteers with NAFLD – products made from ancient KAMUT® wheat and products made from modern wheat. Both the ancient wheat and modern wheat were grown organically. The study design was a randomized, double blind trial with two parallel arms with a single intervention phase. Two groups of 20 participants each were assigned to consume either KAMUT® khorasan or control wheat products (pasta, bread, crackers, biscuits) over a 3-month period. Neither the participants nor the doctors knew what kind of wheat was eaten during each time period, and participants were not permitted to eat other wheat products during this time. They were instructed not to alter their dietary or lifestyle habits, nor change any use of medications they were taking. Blood analyses were performed at the beginning and at the end of the trial period.

The nutritional analysis found major differences between flour made with ancient KAMUT® khorasan wheat and modern wheat. A significantly higher antioxidant content (polyphenols and selenium), and a higher antioxidant power were found in the ancient wheat flour with respect to the modern wheat flour, as well as higher levels of minerals like magnesium, phosphorus, potassium, and zinc. Regarding the blood analysis, consumption of products made from KAMUT® wheat produced a significant improvement in several key markers in the blood, such as the total cholesterol (-6%), and in liver function enzymes such as ALT enzyme (-14%), AST enzyme (-12%) and ALP enzyme (-8%), independent from age, sex, traditional risk factors, medication and eating habits. No significant effect was noted after the consumption of the modern wheat diet, except for AST and ALT where a significant worsening effect was observed. Similarly, a significant improvement in inflammatory risk factors, shown by a decrease in circulating pro-inflammatory Tumor Necrosis Factor-alpha (-50%), Interleukin 1-receptor antagonist a (-37%), Interleukin-8 (-24%) and Interferon Gamma (-24%), was evident only in participants that consumed the KAMUT® khorasan products. Finally, although both kinds of products exerted positive benefits on liver steatosis grading, Doppler Perfusion Index values, fat mass and ROS production, the improvements were more evident after a KAMUT® khorasan wheat-based diet.

Other results indicated reduced insulin resistance in patients with non-diabetic NAFLD after the consumption of the KAMUT® wheat products compared to the consumption of modern wheat products. Previous studies demonstrated that consuming KAMUT® wheat products as the principle cereal grain source in a Mediterranean diet, provided additive protective effects in reducing glucose and insulin, as well as lipid, oxidative and inflammatory risk factors in populations with acute coronary syndrome (ACS). This is important as NAFLD

can possibly be reversed by lifestyle modifications, with the “gold standard” treatment including weight loss, dietary therapy and physical therapy. In general, dietetic recommendations for NAFLD are the same as those for obesity.

“In this fourth installment in a series of scientific studies, the evidence has been overwhelmingly proven yet again, that there is a definitive beneficial effect to the body attributed to the role of ancient KAMUT® wheat-based cereals in one’s diet,” said Bob Quinn, Ph.D., organic farmer and founder of Kamut International. “A lifestyle focusing on healthy diet and exercise can decrease, and in some cases, reverse the effects of diseases such as NAFLD. With the cereal component so prevalent in our diets, any method to reduce stresses to our bodies, including the findings from our previous studies addressing Type-2 diabetes, high cholesterol, and Acute Coronary Disease (ACS), can only be in the right direction.”

This is the fourth in a series of human studies on non-infectious chronic diseases comparing the effects of diets based on ancient KAMUT® wheat compared to modern wheat. In a previous study about type-2 diabetes, it was shown that a KAMUT® wheat based-diet was able to improve the risk profile of patients with Type 2 diabetes, on blood insulin and glucose levels. Given that middle-aged and overweight/obese people have an increased risk of developing NAFLD, the aim of the present study was to investigate whether a replacement diet with products made from ancient KAMUT® wheat could provide additive protective effects to these people. This study further confirms that it does, and also confirms the previous research demonstrating the health-promoting benefits of organic ancient KAMUT® wheat, not seen in organic modern wheat.

According to The American Liver Foundation, more than 30 million Americans have some form of liver disease. NAFLD affects approximately 20-30% of the adult population, and 3-10% of children in the United States, with no medical treatments at present for NAFLD. Yet, by eating a healthy diet and exercising regularly, it has been proven that it may help prevent liver damage from starting or reverse it in the early stages. The liver is the second largest organ in your body, and processes what you eat and drink into energy and nutrients your body can use. The liver also removes harmful substances from your blood. The continued proof that by being cognizant of what one eats and drinks, showcases the need for products such as KAMUT® khorasan wheat-based diet.

Media interested in setting up an interview with Bob Quinn to discuss the latest study, as well as previously published studies and upcoming research plans, please contact Danielle at Danielle@adinnyc.com, 212-693-2150 x314. The fully published study, as well as previously published studies is also available at www.Kamut.com.

About KAMUT® Brand Khorasan Wheat

The mission of Kamut International is to promote organic agriculture and support organic farmers, to increase diversity of crops and diets, and to protect the heritage of a high quality, delicious ancient grain for the benefit of this and future generations. KAMUT® is a trademark of Kamut International, which guarantees high quality standards that are verified by tests from every field.

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