



# Patrick Holford

Patrick Holford is a nutritionist, author and leading commentator on natural health

## Don't blame the grain

There's a big trend among the health conscious for gluten-free foods and blaming grains – which provide two-thirds of humanity's calories – for the epidemic of obesity and diabetes. Banting and Atkin enthusiasts, and paleo people, all talk about shunning grains, yet ancient grains may have been essential for building our advanced human brains and civilization to boot. Also, there is new evidence that some ancient wheat may be positively good for you.

To put this in context, a study published in the *American Journal of Clinical Nutrition* concludes that there is 'significant inverse relationships between whole grain intake and mortality due to any cause, CVD or cancer.' Others show diabetes and heart disease risk cut by a quarter in high wholegrain eaters. But let's start at the beginning.

Evidence of ancient faecal remains show we ate these ancient grains ground, sometimes raw or cooked into bannocks or pancakes, thus breaking down cell structures, more than a million years ago. The first evidence of cooking is about 1.8 million years ago, coincidental with our ancestors' brain size starting to increase. Around a million years ago, the DNA record shows that they start to have multiple variations in amylase enzymes, needed to turn cooked starch into glucose. 'Consumption of increased amounts of starch may have provided a substantial evolutionary advantage to Mid-to-Late Pleistocene omnivorous hominins,' concludes a study from the University of Sydney.

During the Pleistocene period, the last Ice Age hits. Grain kernels were taken south, especially those that came from plants whose kernels did not spontaneously shell out of the head by the wind to sow themselves. This feature allowed early man to

harvest certain grains while it was still attached to the grain head. The only way to survive was to collect the most transportable grains and take them to lower, warmer areas. Many wild cereals people had relied on before, disappeared from the menu. By the end of the Ice Age it's mainly wheat, rye and barley that our ancestors are eating in Mesopotamia – all gluten grains.

Grain cultivation led to the formation of villages. Ploughing led to greater yields. Grain stores meant more security. Population growth ensued. Peasant farmers did better than hunter gatherers and increasingly took over.

It is a great shame that, of the 195,000 species of flowering plants that produce edible parts, less than 0.1% – fewer than 300 species – are used for food. Three cereals – wheat, maize and rice – together comprise at least 75% of the world's grain production and half humanity's protein. Grains stand between mankind and starvation. Until refining processes started a little over 100 years ago, all these grains were eaten as whole grains.

Jumping forward, between 10%-30% of people with digestive problems, auto-immune diseases or relatives with coeliacs, have coeliacs. Why? Gluten (gliadin) triggers the release of zonulin which opens up the 'tight junctions' between the gut's epithelial cells, letting gliadin partially through, to which the gut's highly active immune system goes bananas. Many more people, perhaps one in five, have non-coeliac gluten sensitivity. But is this a natural consequence of all wheat or is it to do with something we've done to it? Modern wheat has been through hundreds of hybridizations.

A Montana organic farmer of 30 years, Bob Quinn has helped farmers in his own as well as adjoining states and

Canadian provinces to convert 80,000 acres to ancient Kamut Khorasan wheat organically. Khorasan is an ancient wheat that has not undergone one hybridization since is was grown by ancient civilizations.

16 studies later, all published in peer reviewed scientific journals, a pattern is emerging. One study shows that rats fed modern wheat get small intestinal villi atrophy, but those fed Kamut wheat don't. Four of the most recent clinical trials – on diabetics, cardiovascular patients and those with IBS – show that modern wheat increases inflammatory markers while Kamut wheat does the reverse. It is clear that human physiology is treating this ancient grain as a friend not a foe.

Some believe the solution to humanity's 21st century ills is to avoid carbs and eat a paleo diet. Why paleo? Why not pleistocino? Was there ever a 'perfect' point in prehistory, a Garden of Eden, that fixes our definition of a perfect diet? Or was the Garden of Eden in the bread belt? Epigenetics shows we evolve, and have evolved with grains. Modern grains, as opposed to ancient grains, may have just evolved a lot faster than we can handle. Are we in danger of throwing the baby out with the bath water when, perhaps, all we need do for better health is eat whole, organic ancient grains such as Kamut khorasan, whole oats, brown rice, barley, rye, quinoa and buckwheat, albeit in controlled amounts, which have been less genetically altered than wheat? Is it time we stopped blaming all grains and acknowledge that they have been part of humanity's evolution for the last million years and probably will be for the foreseeable future?



## 'Clean eating' diets are creating a fear of food, experts warn

'CLEAN eating' diets are fuelling a growing eating disorder crisis, doctors and even some former proponents are warning.

Dr Mark Berelowitz, an eating disorder specialist at the Royal Free Hospital, has warned that the clean eating regimes promoted by food bloggers and websites can be a "catastrophe".

Berelowitz told the *Sunday Times* that 80-90% of his patients followed clean eating diets, and called the term "dangerous" because "it gives someone who is battling to hold on to their health a misplaced sense that they ought not to have a peanut butter sandwich as a snack, and instead have some raw broccoli."

He added: "Calling this regime 'clean' is a sort of deliberate marketing myth that emphasizes one approach to eating at almost any cost. The ones who are most likely to be attracted to these blogs are people who are already overly self-critical."

Food disorder experts say these diets are leading to young people becoming obsessive about 'healthy' eating and learning to fear entire food groups.



This phenomenon is sometimes known as *orthorexia nervosa*, a term coined by Dr Steven Bratman to describe personal food regimes that have become a "disease disguised as a virtue".

Eating disorder charity Beat says that *orthorexia nervosa* is not technically an eating disorder, describing it as being closer to obsessive compulsive disorder, and characterized by a "fixation on righteous eating; eating only 'pure' foods and trying to avoid contamination by food".

Journalist Alex Gazzola believes free-from brands should avoid negative terminology. He recently told *NPN*: "I'm not very keen on the 'clean label' or 'guilt-free' type of message framing. At the end of the day it's food, isn't it? I prefer when a brand uses phrases such as 'try it', or 'it's versatile and it tastes great' – rather than basically selling fear."

## David Adams receives top industry award

THE HEALTH Food Manufacturers' Association (HFMA) has named David Adams as winner of this year's Maurice Hanssen Award of Honour in recognition of "his dedication and passion for the natural products industry".

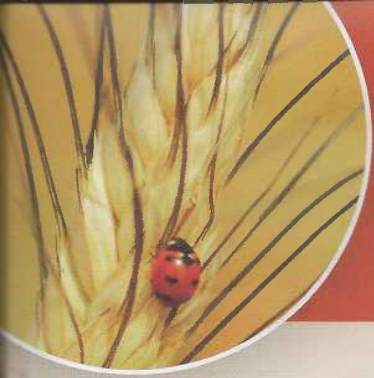
Adams worked in the industry for 15 years, and for half of that time was synonymous with the HFMA and its activities when as director (from 2003 to 2008), he helped continue its modernization.

After his retirement as director, he took on the new role of special projects director with particular focus on issues relating to the Food Supplements Directive and Nutrition and Health Claims Regulation, before becoming the HFMA's first regulatory adviser.



HFMA chair, Robert Taylor, said: "I could not imagine a more fitting and appropriate winner of the 2015 Maurice Hanssen Award of Honour than David Adams. He has worked tirelessly on behalf of the HFMA and its members, and we have greatly valued his wise advice and guidance over the years."





# The ancient grain for modern life

**KAMUT® khorasan wheat, with its soft and nutty flavour, is appreciated for its high nutritional values and its light digestibility.**

## **Nutritional value and energy.**

KAMUT® khorasan wheat provides more energy than modern wheat and contains more proteins, amino acids, vitamins and minerals such as zinc, potassium, iron, phosphorus, magnesium and above all, selenium, a trace element that is known for its strong antioxidant properties.

## **Digestibility and research.**

KAMUT® khorasan wheat has never been genetically manipulated and contains a less complex gluten which is easier to digest. It is an excellent alternative for modern wheat. A study indicated that many people with non-coeliac modern wheat sensitivity had no or little problem eating KAMUT® khorasan products.



## **Taste the difference.**

Thanks to its unique flavour and ease of digestibility, KAMUT® khorasan wheat is the ideal grain for many different dishes from a quick snack to a complete meal. Also the softer taste of this grain eliminates the need for extra sugar added to many products.

Besides flour, which is the basic ingredient for bread, pancakes, biscuits, cookies and cake, this cereal is also ideal for snacks, breakfast cereals and muesli, pasta, bulgur, couscous, pizza, vegetable drinks, beer, wheatgrass juice, etc.

Recipes are available on [www.kamut.com](http://www.kamut.com)

## **Origin.**

An ancestor of modern wheat, khorasan wheat originated in Mesopotamia, which is situated within the Fertile Crescent, an area in the Middle East stretching from Egypt to the Tigris and Euphrates valleys.

## **The KAMUT® brand guarantees:**

- ancient khorasan grain
- always grown organic
- never genetically modified
- protein range of 12-18%
- between 400 to 1000 ppb (µg/kg) selenium
- 98% free of all signs of disease
- 99% free of contaminating varieties of modern wheat

## **What is the science saying:**

- high nutritional value
- antioxidant and anti-inflammatory properties
- beneficial for gut health
- improvement of symptoms of irritable bowel syndrome
- reduction of cardiovascular risk factors
- beneficial for non-coeliac gluten sensitivity people
- protection against the development of diabetes complications

Complete research results can be found on [www.kamut.com](http://www.kamut.com)

## **All this is possible thanks to:**

- organic farming
- audits to distributors
- the high quality guarantee of the KAMUT® brand
- the possibility to check the purity of finished products

## **Where to buy.**

**KAMUT® khorasan products are available in most organic shops, health food shops and bakeries. The flour in consumer packages is available in the online shop of Doves Farm Foods on [www.dovesfarm.co.uk](http://www.dovesfarm.co.uk) as well as recipes. All available KAMUT® khorasan products, by country and by category, can be found on [www.kamut.com](http://www.kamut.com)**

Please email any questions to [nele.callebert@kamut.com](mailto:nele.callebert@kamut.com).

**KAMUT®**  
BRAND KHORASAN WHEAT

