

Global Watch Weekly Report

A Weekly Global Watch Media Publication (www.globalwatchweekly.com)

February 13th, 2015

WHEAT UNDER FIRE



Global Watch Weekly Report



“The Number one weekly report which provides concrete evidence of a New World Order & One World Government agenda”

www.globalwatchweekly.com

This is a FREE report. Please pass this on to others who you may feel would benefit from this information. Web site owners please feel free to give this away to your site visitors or email lists

Not yet on our mailing list? Then visit the web site link below and sign up to ensure you don't miss out on these free weekly reports

www.globalwatchweekly.com

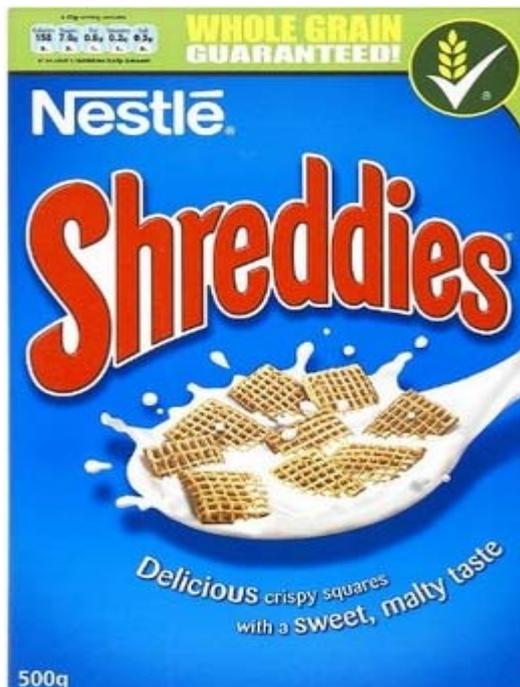
Global Watch Weekly Report

Welcome to the Global Watch Weekly Report

Dear Rema Marketing Member

Some time ago I remember one of our friends was diagnosed with diabetes. This wasn't a surprise considering his lifestyle and nutrition which for years had been anything other than healthy.

What was interesting was at a consultation with his local doctor he was told about what he needed to cut out of his diet to prevent the diabetes from getting worse. Off all the advice given to him the one that stood out was where the doctor told him that he was to avoid wheat at all cost. This was completely surprising, considering for years as a child most of us would have been told that Weetabix was a great source of nutrition. Our friend was told to avoid Weetabix and instead eat Oatibix.



What is it about wheat that has become more and more of a controversy within the health industry? Are mainstream nutritionists telling us all we need to know about wheat?

Find out the truth in this edition of the Global Watch Weekly.

Enjoy

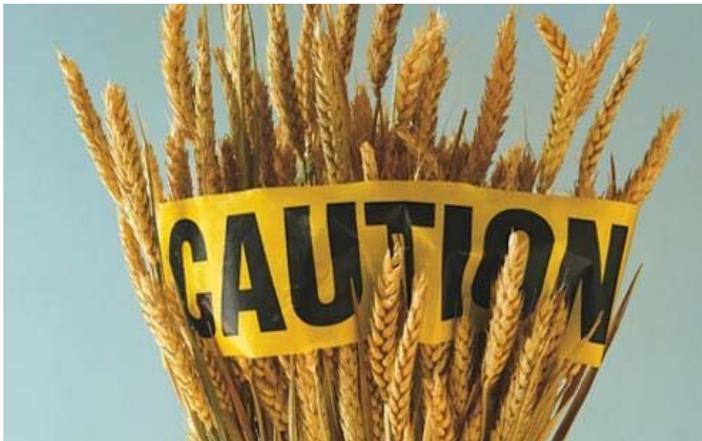
Rema Marketing Team

WHEAT UNDER FIRE

THE FUTURE OF WHEAT

Remember a kid seeing those TV commercials about the goodness of cereals like Weetabix or Shredded Wheat. So what about wheat today?

The future of wheat is certain, and it's toxic. There are as many health risks associated with the consumption of wheat as there are nutritional benefits claimed by the wheat industry. Why is there such a strong emphasis on the development of wheat products all over the world when there are so many adverse and crippling effects such as neurological impairment, dementia, heart disease, cataracts, diabetes, arthritis and visceral fat accumulation, not to mention the full range of intolerances and bloating now experienced by millions of people?



Approximately 700 million tons of wheat are now cultivated worldwide making it the second most-produced grain after maize. It is grown on more land area than any other commercial crop and is considered a staple food for humans.

At some point in our history, this ancient grain was nutritious in some respects, however modern wheat really isn't wheat at all. Once agribusiness took over to develop a higher-yielding crop, wheat became hybridized to such an extent that it has been completely transformed from its prehistorical genetic configuration.

All nutrient content of modern wheat depreciated more than 30% in its natural unrefined state compared to its ancestral genetic line. The balance and ratio that mother nature created for wheat was also modified and human digestion and physiology could simply could not adapt quick enough to the changes.

THE NUTRITIONAL VALUE OF WHEAT IS PRACTICALLY NON-EXISTENT IN ITS CURRENT FORM

So-called health experts in nutrition who continue to promote the health benefits of wheat are extremely uninformed about the nature of modern wheat and its evolution from growth to consumption.

It is shocking how many professionals in public health still recommend wheat products without an assessment of their individual requirements, especially considering the amount of evidence regarding its lack of nutrition and health risks for proportionally large segments of the population.

The majority of wheat is processed into 60% extraction, bleached white flour. 60% extraction—the standard for most wheat products means that 40% of the original wheat grain is removed. So not only do we have an unhealthier, modified, and hybridized strain of wheat, we also remove and further degrade its nutritional value by processing it. Unfortunately, the 40% that gets removed includes the bran and the germ of the wheat grain—its most nutrient-rich parts.



In the process of making 60% extraction flour, over half of the vitamin B1, B2, B3, E, folic acid, calcium, phosphorus, zinc, copper, iron, and fiber are lost. Any processed foods with wheat are akin to poison for the body since they cause more health risks than benefits. The body does not recognize processed wheat as food. Nutrient absorption from processed wheat products is thus consequential with almost no nutritional value.

Some experts claim if you select 100% whole wheat products, the bran and the germ of the wheat will remain in your meals, and the health

WHEAT UNDER FIRE

benefits will be impressive.

This is again a falsity promoted by the wheat industry since even 100% whole wheat products are based on modern wheat strains created by irradiation of wheat seeds and embryos with chemicals, gamma rays, and high-dose X-rays to induce mutations. Whether you consume 10% or 100% of wheat is irrelevant since you're still consuming a health damaging grain that will not benefit, advance or even maintain your health in any way.

Dr. Marcia Alvarez who specializes in nutritional programs for obese patients says that when it comes to nutrition, wheat may be considered as an evil grain.

"Modern wheat grains could certainly be considered as the root of all evil in the world of nutrition since they cause so many documented health problems across so many populations in the world."

Dr. Alvarez asserted that wheat is now responsible for more intolerances than almost any other food in the world.

"In my practice of over two decades, we have documented that for every ten people with digestive problems, obesity, irritable bowel syndrome, diabetes, arthritis and even heart disease, eight out of ten have a problem with wheat. Once we remove wheat from their diets, most of their symptoms disappear within three to six months,"

she added. Dr. Alvarez estimates that between the coming influx of genetically modified (GM) strains of wheat and the current tendency of wheat elimination in societies, that a trend is emerging in the next 20 years that will likely see 80% of people cease their consumption of wheat from any form.

GENETIC MODIFICATION

The GM wheat currently being tested for approval for production in Canada is a new variety of hard red spring wheat which has been genetically engineered to be tolerant to glyphosate, the active ingredient in Monsanto's herbicide Roundup. Monsanto Canada Inc. requested the approval of GE wheat from Health Canada in July 2002 and for the Canadian Food Inspection Agency (CFIA) in December 2002.

In July 2009, the most hated company in the world Monsanto, announced new research into



GM wheat and industry groups kicked their promotion of GM wheat into high gear. *"Widespread farmer and consumer resistance defeated GM wheat in 2004 and this global rejection remains strong, as demonstrated by today's statement,"* said Lucy Sharratt, Coordinator of the Canadian Biotechnology Action Network.

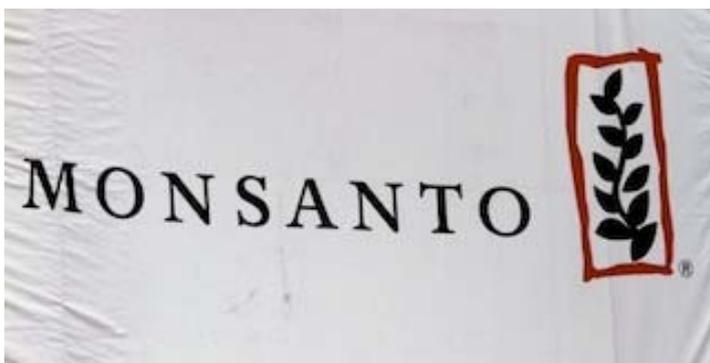
There are now even claims that researchers in Australia have developed a form of salt-tolerant wheat that will allow farmers to grow crops in soil with high salinity. They created the new form of wheat by crossing a modern strain with an ancient species, and the researchers believe this new super-wheat will allow farmers to grow more food crops on land previously thought to be off limits to agriculture. Critics suggest that new strains will be foreign to current ecological systems and will be unsustainable without massive chemical intervention.



Industry claims that the introduction of GM wheat will lead to a reduction in herbicide use, a claim that has been made prior to the introduction of other herbicide tolerant (HT) crops such as Roundup Ready (RR) soybeans, canola and corn.

WHEAT UNDER FIRE

These claims have been contradicted by US government statistics that show that GM HT crops such as RR crops use more pesticides than conventional crops. These state GM crops can receive as much as 30 percent more herbicide than non-GM crops. Not only do GM crops use more pesticides but they also force the farmer to purchase one single brand of herbicide, in this case Monsanto brand Roundup.



If introduced, GE wheat will enter farmers' rotations along with the already HT canola and soybeans. This compounds the issue of superweeds as each crop sown would be HT, so any seed that fell from the crop before harvest would pose a threat of becoming an uncontrollable weed, or contained by using increasingly toxic herbicides. How can we believe that pesticide use will decrease with GE wheat?

These developments are also taking place in the United States which is the third largest wheat producer in the world. Fertilizers, herbicides, fungicides, and growth regulators are all becoming more chemically potent and their frequency of application continues to increase every 5 years. American scientists are currently developing GM strains of wheat conferring resistance to fungal diseases. Wheat is becoming such a transmuted grain, that it someday may not even be called wheat.

HEALTH EFFECTS

A powerful little chemical in wheat known as 'wheat germ agglutinin' (WGA) which is largely responsible for many of wheat's pervasive, and difficult to diagnose, ill effects. Researchers are now discovering that WGA in modern wheat is very different from ancient strains. Not only does WGA throw a monkey wrench into our assumptions about the primary causes of wheat

intolerance, but due to the fact that WGA is found in highest concentrations in "whole wheat," including its supposedly superior sprouted form, it also pulls the rug out from under one of the health food industry's favorite poster children.

Each grain of wheat contains about one microgram of Wheat Germ Agglutinin (WGA). Even in small quantities, WGA can have profoundly adverse effects. It may be pro-inflammatory, immunotoxic, cardiotoxic ... and neurotoxic.

Below the radar of conventional serological testing for antibodies against the various gluten proteins and genetic testing for disease susceptibility, the WGA "lectin problem" remains almost entirely obscured. Lectins, though found in all grains, seeds, legumes, dairy and our beloved nightshades: the tomato and potato, are rarely discussed in connection with health or illness, even when their presence in our diet may greatly reduce both the quality and length of our lives. Yet health experts dismiss the links between disease and wheat despite all the evidence.



Dr. William Davis has documented several hundred clinical studies on the adverse effects of wheat. These are studies that document the neurologic impairments unique to wheat, including cerebellar ataxia and dementia; heart disease; visceral fat accumulation and all its attendant health consequences; the process of glycation via amylopectin A of wheat that leads to cataracts, diabetes, and arthritis; among others. There are, in fact, a wealth of studies documenting the adverse, often crippling, effects of wheat consumption in humans.

WHEAT UNDER FIRE

The other claim is that wheat elimination 'means missing out on a wealth of essential nutrients. Another falsity. Dr. Davis states that if you replace wheat with healthy foods like vegetables, nuts, healthy oils, meats, eggs, cheese, avocados, and olives, then there is no nutrient deficiency that develops with elimination of wheat. Dr. Davis also states that people with celiac disease may require long-term supplementation due to extensive gastrointestinal damage caused by wheat.

People with celiac disease do indeed experience deficiencies of multiple vitamins and minerals after they eliminate all wheat and gluten from the diet. But this is not due to a diet lacking valuable nutrients, but from the incomplete healing of the gastrointestinal tract (such as the lining of the duodenum and proximal jejunum).

In these people, the destructive effects of wheat are so overpowering that, unfortunately, some people never heal completely. These people do indeed require vitamin and mineral supplementation, as well as probiotics and pancreatic enzyme supplementation.

Due to the unique properties of amylopectin A, two slices of whole wheat bread increase blood sugar higher than many candy bars. High blood glucose leads to the process of glycation that, in turn, causes arthritis (cartilage glycation), cataracts (lens protein glycation), diabetes (glycotoxicity of pancreatic beta cells), hepatic de novo lipogenesis that increases triglycerides and, thereby, increases expression of atherogenic (heart disease-causing) small LDL particles, leading to heart attacks.

Repetitive high blood sugars that develop from a grain-rich diet are, in my view, very destructive and lead to weight gain (specifically visceral fat), insulin resistance, leptin resistance (leading to obesity), and many of the health struggles that many now experience.

Wheat gliadin has been associated with cerebellar ataxia, peripheral neuropathy, gluten encephalopathy (dementia), behavioral outbursts in children with ADHD and autism, and paranoid delusions and auditory hallucinations in people

with schizophrenia, severe and incapacitating effects for people suffering from these conditions.

According to statistics from the University of Chicago Celiac Disease Center, an average of one out of every 133 otherwise healthy people in the United States suffers from CD. However, an estimated 20-30 percent of the world's population may carry the genetic susceptibility to celiac disease—and the way to avoid turning these genes 'on' is by avoiding gluten.

When you consider that undiagnosed CD is associated with a nearly four-fold increased risk of premature death, the seriousness of this food sensitivity becomes quite evident. The primary disease mechanism at play is chronic inflammation, and chronic inflammatory and degenerative conditions are endemic to grain-consuming populations.

Changes in genetic code and, thereby, antigenic profile, of the high-yield semi-dwarf wheat cultivars now on the market account for the marked increase in celiac potential nationwide. "Hybridization" techniques, including chemical mutagenesis to induce selective mutations, leads to development of unique strains that are not subject to animal or human safety testing—they are just brought to market and sold.

Author and preventive cardiologist William Davis, MD, wheat's new biochemical code causes hormone disruption that is linked to diabetes and obesity.

"It is not my contention that it is in everyone's best interest to cut back on wheat; it is my belief that complete elimination is in everyone's best health interests,"

says Dr. Davis,

"In my view, that's how bad this thing called 'wheat' has become."

Chemical mutagenesis using the toxic mutagen, sodium azide, of course, is the method used to generate BASF's Clearfield herbicide-resistant wheat strain. These methods are being used on a wide scale to generate unique genetic strains that are, without question from the FDA or USDA, assumed to be safe for human consumption.

WHEAT UNDER FIRE

WHEAT-FREE OPTIONS

* Note that many of the wheat-free options still contain gluten.

1. Cereal Grains: Barley, millet, oats, rice, rye, sorghum, tef and wild rice are all in the same cereal grain family as is wheat. All flours ground from cereal grains may be used as a wheat substitute. Commonly available are barley, buckwheat, rice and rye flour. The less utilized flours may be purchased online or from natural food stores. Note: people with a gluten allergy must also avoid barley, oats and rye.



Rye

Barley

Oats

2. Non-Cereal Grains: Amaranth, quinoa and buckwheat are three grain-like seeds unrelated to cereal grains. (Despite its name, buckwheat is not a wheat-relative.) It is rare for anyone to develop a sensitivity to these non-cereal grains. Amaranth, quinoa and buckwheat are gluten-free and therefore not suitable for making leavened bread; however, they make excellent quick breads and cookies.



3. Nut Meal: Ground nuts such as almonds, hazelnuts or walnuts make the richest flour substitute for cookies and cakes. Because their fragile fatty acid content gives them a brief shelf life, it's preferable to grind your own nuts in a food processor just prior to use. Nut meal requires a binding agent such as eggs. Because

chestnuts are lower in fat than other nuts, chestnut flour has a longer shelf life. It is available online.



4. Bean Flour: Dried beans, such as navy, pinto and chickpeas may be milled and used, in combination with other flours, as a wheat alternative. Bean flour is, however, not always recommended. It tastes like beans and makes baked goods dense and hard to digest.



5. Other Flour Substitutes: Potato starch, arrowroot powder, and tapioca are thickening agents that substitute for wheat in sauces and gravy. In baked goods these starchy ingredients serve as a binding agent.

Due to the irresponsible high frequency hybridization, processing and inevitable genetic modification of modern wheat, there is only one solution for the health and wellness of future generations. Stop eating wheat and educate as many people as you can on the coming strains of this grain which will be much more deadly than they already are today.

WHEAT UNDER FIRE

THE BIBLE ON WHEAT AND GRAINS

If grains like wheat are unhealthy, why are they consumed in the Bible and why did Jesus use so many references to bread” or “grains as the essence of life, and Jesus even called himself the “Bread of Life” so eating them can’t be bad!”



It is certainly a valid point to consider. Fortunately, for those of us striving to eat as healthy as possible and to live good Christian lives, the answers aren’t conflicting.

To fully understand the factors involved though, it is important to note several things:

1. THE GRAINS OF BIBLICAL TIMES ARE MUCH DIFFERENT THAN THE GRAINS OF TODAY!

There certainly are many references to grains in the Bible, and with good reason. The Bible was compiled during a predominately agricultural time, and this would have been a reference that was easily understood by the people during that time period.

Though the Bible references grains, the grains consumed a couple thousand years ago bear little to no resemblance to the grains we consume (or don’t consume!) today.

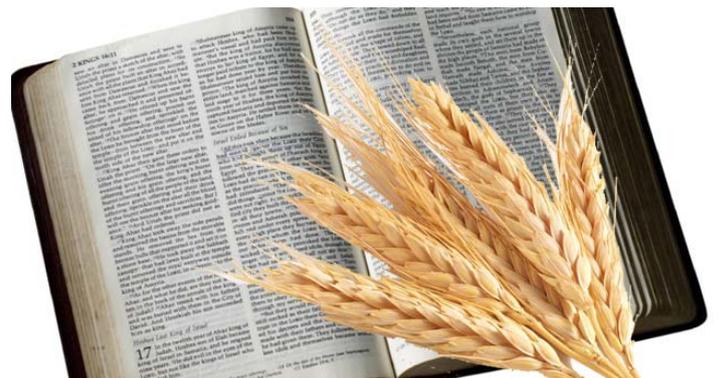
In Jesus’ time, there were only three major types of wheat in existence: Einkorn, Emmer, and later Triticum aestivum along with simple, non-hybrid varieties of other grains like barley, millet, and rye. These grains had (and still have) a higher protein content and lower anti-nutrient content than grains of today. This is a stark contrast to the 25,000+ species that exist today, most of which we created in a lab to be disease resistant or produce high yields. In order to achieve these traits like disease and pest resistance, scientists

had to enhance the part of the grains that naturally resists disease and predators: mainly, the glutens, lectins, and phytates, the most harmful parts of the grains to humans.

In addition, these hybridized strains are often allergen producing and usually sprayed with pesticides and chemicals. It is interesting to note that some people who are allergic to modern strains of wheat show little to no reaction to (properly prepared) Einkorn wheat in small amounts.

So, the grains of Jesus’ time weren’t genetically similar to the grains of today, and had lower concentrations of the harmful components. In addition, they were prepared much differently:

2. THE GRAINS OF BIBLICAL TIMES WERE PREPARED DIFFERENTLY THAN THE GRAINS OF TODAY!



Besides the differences in the basic genetic structure of the grains, grains in Biblical times were processed much differently, and consuming them in modern form wouldn’t have even been an option.

Since grains do contain anti-nutrients like gluten, lectin and phytates, these components have to be neutralized somehow. Traditional cultures throughout the world have found ways to lower the effect of these harmful properties.

In Biblical times, grains were often prepared by soaking, fermenting, or sprouting before being consumed. Often, this wasn’t intentional, but a result of methods of storage which left the grains exposed to warm, moist conditions that encouraged sprouting and fermentation.

WHEAT UNDER FIRE

When a grain sprouts, the chemical structure changes and the anti-nutrient content is greatly reduced. Fermentation mitigates this further. Grains are harmful to humans when consumed straight off the plant in an uncooked or unprepared state. In addition, any grains consumed in Biblical times could truly have been called "whole grains" unlike the processed granola versions of modern times. Equipment didn't even exist to grind grain to the micro-fine particles that we call flour today. Grains were often ground, by hand, using stones or similar objects.

Think of the difference in particle size between a hand-ground, sprouted piece of wheat and the dried, hybridized, dust-like flour we use today. The flour we consume today is ground to such a small size that the surface area of the grain is literally increased 10,000% and the starchy area is expanded. As a result, the body quickly converts it to sugar, which is why flour and processed foods can have as much of an impact on the blood sugar as pure sugar can.

Another obvious point to realize is that any reference to grain in Jesus' time was a reference to an actual grain, in whole form or made into bread (that also wouldn't resemble the stuff you get at the store!). Certainly, grains in Jesus' time would not have been made into donuts, pretzels, chips, snack foods, cookies, etc.

Grains in Biblical times also wouldn't have been mixed with vegetable oils, high fructose corn syrup, chemical additives, commercial yeasts, artificial flavorings, or other ingredients used today. Jesus wouldn't have been snacking on Chex Mix or chowing down on bagels or soda while he was fishing.

THE PROPHETICAL INSIGHT

The wheat issue is one cog in a bigger picture as more and more revelations are taking place regarding genetically modified foods and the impact they are having on the human body. Genetically modified foods (GM foods or GMO foods) are foods that are re-created from genetically modified organisms (GMOs). Modifications have been made into the DNA of many foods, using genetic engineering techniques, such as mutation breeding, selective

breeding; plant breeding, animal breeding, and somaclonal variation-which is a variation of alteration done in a plant's tissue culture. GM foods are usually plant products, such as soybean, corn, canola, rice, and cotton seed oil but the last 5 years has seen the introduction of GM animal foods.

Many critics have opposed the production of GM foods on several grounds, including health problems, safety concerns, major pest-resistance issues, environmental worries, and economic troubles. Furthermore, genetically-modified foods have been known to act much like pre-cancerous cells and literally infect other organisms that were once pure and healthy.

The Bible warns about a time of sorrows and famines:

And there will be famines, pestilences, and earthquakes in various places. 8 All these are the beginning of sorrows. (Matthew 24:7-8)

When the Lamb broke the fourth seal, I heard the voice of the fourth living creature saying, "Come." I looked, and behold, an ashen horse; and he who sat on it had the name Death; and Hades was following with him Authority was given to them over a fourth of the earth, to kill with sword and with famine and with pestilence and by the wild beasts of the earth. (Revelation 6:5-8.)

The more and more that man plays Gods in tinkering with nature the more severe the consequences that will be inflicted upon mankind.

And when he had opened the third seal, I heard the third beast say, Come and see. And I beheld, and lo a black horse; and he that sat on him had a pair of balances in his hand. And I heard a voice in the midst of the four beasts say, A measure of wheat for a penny, and three measures of barley for a penny; and see thou hurt not the oil and the wine. . (Revelation 6:5-6.)

Rev. 6:6 combines hyper inflation with food shortages, saying it will take everything people can earn in a day just to buy enough food for that day. Oil and wine will be luxuries beyond the reach of all but the very wealthy, who are generally not harmed by economic problems to the extent the average person is. This all points to significant negative influences in the food chain and GMO foods could be the trigger.

For further information on this subject see

<http://www.more-than-human.com>