

WHY NO GRAINS OR LEGUMES ON PALEO

“The Paleo Diet can be a big part of looking and feeling great. But why are grains not part of the diet?”

This is usually a great shocker for many who believe whole grains are the epitome of healthy foods. Consumption of grains did not start until around 10,000 years ago during the agricultural revolution. Two big reasons why grains are so bad are phytic acid and lectins.

Our bodies lack the enzyme “phytase” which breaks down phytic acid. Phytic acid prevents minerals and nutrients from getting absorbed by the body and can cause nutrition deficiencies and digestion problems.

Lectins are found in grains and legumes. The human gut contains cells that let in nutrients in through the bloodstream while keeping everything else out. Lectins damage the gut lining causing it to become inflamed. An inflamed gut lining will have difficulty absorbing nutrients. Lectins also cause leptin resistance, which means that your hunger signal is suppressed and you’ll be hungry even when your body has had more than enough calories. Lectins are the culprits behind some autoimmune problems like celiac disease and even colon cancer.