

Breaking Bread with Dr. John Douillard
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Tony Federico: Hey Paleo nation, I'm Tony Federico, and you're listening to Paleo Magazine Radio, the official podcast of the original paleo lifestyle publication.

I remember being at Paleo Effects a few years ago and overhead someone who may or may not have been Robb Wolf say that gluten is the devil's excrement. That sentiment is expressed in a uniquely Robb way, but the fact that gluten is bad is one of the pillars of paleo. Any paleo person worth their seas alt knows that hunter gatherers didn't eat grains, and that of all the grains gluten-containing ones, like wheat and rye, are the worst. What if grain brain and wheat belly got it wrong? What if paleo man did consume cereal grasses, and what if they're actually benefits to eating grains?

If you're feeling skeptical right now, I don't blame you. When our editor and chief Cain Credicott forwarded me the contact information for Dr. John Douillard, author of Eat Wheat, I thought that this had to be a hoax. But after talking to Dr. John, I realized that his approach towards consuming grains has a lot more in common with paleo than I initially thought, and that it might not be such a crazy idea after all.

In our conversation we also discussed the 400 billion pounds of toxic chemicals that might be at the root of our collective digestive health issues, how to reboot your digestive system, how digestive irritants like lectins may actually help detoxify your body, the right time of year to eat wheat, which ancient grains are the best, and how you can bring bread back into your life without compromising your health.

Before we get started, I want to take a quick moment to thank the sponsor of today's show. Ancient Nutrition, makers of the original bone broth protein.

Tony Federico: When Jordan Rubin joined up with Dr. Josh Axe to create Ancient Nutrition's bone broth protein, they had one goal in mind. To produce the world's first real bone broth protein powder that provided all the nutritional benefits of bone broth in a convenient and easy-to-use form. To put their product to the test, Jordan decided to challenge Dr. Axe to a cook-off.

Jordan Rubin: Hi. I'm here in the kitchen with Dr. Axe, and today we've been talking about the benefits of bone broth for your joints, your gut, your immune system, your metabolism, and of course your skin. We also know that making bone broth can be a little bit time consuming, so I've decided to throw down a challenge to Dr. Axe to see if he can make one serving of bone broth protein faster than I can make good old-fashioned bone broth. Dr. Axe, you ready for a challenge, or are you chicken?

Dr. Josh Axe: I'm ready Jordan.

Jordan Rubin: All right.

Dr. Josh Axe: Challenge.

Jordan Rubin: Begin.

Speaker 2: To find out who wins the bone brother protein challenge, go to

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ancientnutrition.com. While you're there, you can also find out more about Ancient Nutrition founders Dr. Josh Axe and Jordan Rubin. Check out the ingredients in their products and find stores in your area that sell bone broth protein.

Tony Federico: All right paleo nation, it's time to get glutened. Paleo Magazine Radio starts now.

Everybody welcome to Paleo Magazine Radio. I'm here with Dr. John Douillard, author of Eat Wheat, a scientific and clinically-proven approach to safely bringing wheat and dairy back into your diet. Dr. John, welcome to Paleo Magazine Radio.

Dr. John D.: It's great to be here, Tony. Thanks for having me.

Tony Federico: I'm sure quite a few people listening to this are thinking, "What in the world are you talking about?" Definitely a significant departure from our usual guests and subject matter. Not different in the fact that we've had plenty of doctors on the program, as I'm sure we'll talk about. You're an Ayurvedic practitioner. We've talked to another doctor who is in the same type of practice previously. I think our audience will be familiar with some of that stuff, but this idea of eating what is probably going to be really throwing them for a loop.

Before we get into that, I want to give you an opportunity to kind of ease us into it a little bit and kind of talk about your professional life and experiencing, and how you came to the ideas that you have and what's the rationale behind them.

Dr. John D.: I'm a chiropractor by training, but I went to India for post-graduate training and studied for about three years in India in their traditional system of medicine. That was back in 1986. Even back then people would come in with digestive problems, and we would tell them to get off wheat and dairy. They'd feel better for a little while. Three to six months later they'd come back in. They were better, but their problems would come back. Then you'd say, "Well, boy. Get off of nuts and seeds and soy and peanuts and other harder to digest foods," and they would get better for awhile. Then you would try to eliminate something else. Then you would get them off meat. Then they would become vegetarians and then vegans and then raw foodists. We've marched down this road of taking things out of our diet for a very, very long time.

Tony Federico: Mm-hmm (affirmative).

Dr. John D.: What I realized just in clinical practice a long time ago was that really didn't deliver them any kind of long-term benefit or self-sufficiency. The real problem was, and I totally think that the paleo people will agree, is that the diet that they gave us 60 years ago when they took cholesterol out of diet and they replaced it with processed fats that extend shelf-life have literally broken down our digestive system to the point where most people have difficult times digesting hard-to-digest foods any longer, including wheat and dairy, and many many other foods that are now causing intolerances and sensitivities.

There are two problems with that. Number one, I understand that a lot of people when they eat wheat feel terrible when they eat it. I'm not

suggesting that you should eat wheat if you feel bad. You shouldn't eat wheat if you feel bad. But have we really solved the problem by taking the wheat or the dairy or the corn or the nuts or the seeds out of our diet? Have we actually not addressed the real problem. We're so good in America at treating the symptoms, but the underlying weakness in our digestive system made us very, very vulnerable to two things. One, hard-to-digest foods. We just take them out and think we solved the problems. Number two, we have 400 billion pounds of toxic chemicals in the environment ... That are dumped into the American environment every single year. Sixty-two million of them are cancer causing. The mercury from the coal mine plants cover every single organic vegetable. If you can't digest well hard-to-digest foods like wheat and dairy that you once were able to but now you can't, then you're ability to detoxify the environmental toxins which are everywhere are also compromised.

You might feel better in your digestion short term by taking some of these foods out of your diet, but you're not going to get around the fact that we live in a toxic world and our digestive pathways are our detoxification pathways. If you don't fix the digestion, we're setting ourselves up for real, maybe more serious problems down the road. That's something that I found with my patients was that I could reboot their digestive systems and they could begin to eat good quality versions of wheat and dairy and other hard-to-digest foods back into their diet, and I felt like they were on their way to being self-sufficient and not in harms way down the road. All I did was say, "Don't eat wheat and dairy, and you're gonna be fine." That's just simply not good enough, and it's too simple of an answer. It's easy for a doctor to day, "Hey, you feel bad. Wheat and dairy are hard to digest. Take it out of your diet. Don't bother with it and you'll be fine."

Here's the other problem, if I can just kind of go on for one more second. The newest research that's coming out, Tony, is suggesting that these harder to digest foods, like irritants that are lectins and phytic acids that are in wheat and dairy and corn and nuts and seeds and grains and so many other foods that protect these vegetables on the planet from bacteria invasion and rotting and things like that, they actually act as intestinal immune stimulants. There was a study that was recently published that showed where they took people who were non-celiac, people who were celiac and not on a gluten-free diet yet, and people who were celiac and were on a gluten-free diet. The people who were celiac and on a gluten-free diet had four times the mercury levels in their bloodstream than the people who were celiac not on a gluten free diet, and people who were non-celiac.

Tony Federico: Hmm.

Dr. John D.: The idea is that when you take personal ...

Tony Federico: Yeah. How would you explain something like that? I guess the implication there would be that ... Was there a benefit being conferred with eating meat with someone that has celiacs? That's not something I've ever heard of ...

Dr. John D.: Yeah, I know it's ...

Tony Federico: I'd like for you to kind of tease that out and how that even kind of make

sense.

Dr. John D.: Yeah, and what the science is pointing to is that when you go on a gluten-free diet or eating a very pure sort of baby-food diet. We've taken away anything that's hard to digest or would be a digestive irritant or stimulant that has been shown to boost the immune response. When we have a processed food diet that has shut our digestion down, making us digest very poorly in the first place, and then the symptomatic relief for this is to take anything hard to digest out of the diet and that renders our immune system super compromised. So, therefore, the body doesn't have that immune response to process the mercury as it normally would if it had those irritants.

Tony Federico: Hmm.

Dr. John D.: Another example. Amish people who have kids who run around barefoot on the farms and they breathe farm dust and they have cows as pets and stuff, they have the lowest asthma on the planet. We took people who are Mennonites who became industrialized farmers as opposed to sticking to the old school ways of doing like Amish farming, and they are still farmers, but they're industrialized in sterile environments and they have the highest rates of asthma on the planet, same basic genetic background.

Tony Federico: Hmm.

Dr. John D.: They took a measure of their dust and they found out that the dust in the Amish farms provided immune-boosting stimulation to the respiratory tract in the same way that some of these lectins and phytic acids, things that are in grains, actually may provide immune-boosting stimulation to our diet. Sort of like the concept of the microbiome we know, like one thing we know, go play in dirt, get dirty, eat some dirt.

Tony Federico: Mm-hmm (affirmative).

Dr. John D.: Don't be so clean, because a sterile environment is really bad for us. That's now being translated into the robust nature of our immune system and we keep marching down the road of saying, "Take this out of your diet, take this out of your diet." You'll have symptomatic relief, but are we creating a problem? Like we did when we took cholesterol out of our diet 60 years ago. That created ... The result of that was processed foods. The results of the gluten-free diet is processed gluten-free products that are highly processed, that are highly sort of sterile. The result of taking cholesterol out of our diet is linked to liver congestion, gallbladder congestive bile flow insufficiencies that are directly linked to 141 percent increase of metabolic syndrome, which includes belly fat, blood sugar problems, blood pressure problems, cholesterol problems, obesity, diabetes, and depression.

Tony Federico: If I can jump in here. I want to go back to the point about celiacs and gluten, because that's obviously a big focus in the paleo community. I want to focus in on some of the things that I imagine our listeners are wondering ...

Dr. John D.: Yeah.

Tony Federico: As they are going along this line of reasoning. What I want to put together is ... What you're suggesting through this ... Celiacs is more a response of these environmental toxins and kind of the overall modern environment, like you said, very sterile and lacking immune stimulants in the form of germs and dirt. I think people are pretty comfortable with that idea. With that being said, do we know that celiacs is driven by those factors? Because we certainly have other people that would say, "Well, you eat gluten. That's driving the autoimmune response through leaky gut and intestinal permeability increases and the gluten getting into your bloodstream, that's kind of training your immune system in the wrong way and not providing a hormetic effect, like a good stressor of some sort.

Dr. John D.: Yeah.

Tony Federico: What would you say to that? I'm sure that's something that's on people's minds.

Dr. John D.: Yeah, absolutely. I think that because of the breakdown of our digestive system that's taken place over the last 60 years, we've lost the ability to breakdown gluten in the way that we should be able to, and the gluten goes undigested. So does dairy and other hard-to-digest proteins into the small intestine, and those molecules are generally too big to enter into the bloodstream. They get up-taken into the body's collecting ducts of the lymphatic system. The lymph system is where our immune response takes place. That lymph system can inflame, ingest, it can cause pretty much all of the symptoms we link to gluten intolerance, where the people have brain fog. There's newly discovered lymphatic vessels in the brain that drains three pounds of toxic plaque out of your brain every single year.

Tony Federico: Wow.

Dr. John D.: There's lymphatics that drain your skin. There's lymphatics that drain your entire intestinal tract, and when they get congested they ooze out these fats that are supposed to be delivered as energy and vitality to the body into the fat around the belly. There's volumes of science to show that this gluten, if it's not digested completely, will cause all these problems. I totally get that. But we also have to remember that there are microbes in your mouth, in your stomach, in your esophagus, small intestine, and large intestine that are specifically designed to breakdown the alpha gliadin hard-to-digest particles of the gluten molecule.

People say, "Well, we don't have the genetics to do gluten. There's no way. We've only been eating it for 10,000 years." There's some pretty amazing and compelling evidence in the last couple years from the University of Utah and others that show that in Africa 3.4 to 4 million years ago, they found gluten from wheat and barley in the teeth of ancient humans, 3.5-4 million years ago. Africa was covered with grasslands loaded with wheat and barley. They can literally gather enough wheat berries in two hours to feed them for an entire day. Science shows throughout Africa that that's exactly what they did. About 30-40 thousand years ago they started grinding it. At least we know at least then they started grinding it into a gruel and started eating it. These are all scientific and scientifically well-documented that our ancestors did, in fact, eat wheat and did eat dairy. We only started hunting our own

meat 500 thousand years ago. You could say ... This might really freak a lot of your listeners out. We have more genetics for wheat than we meat by a couple of million years. That's the science to prove that. They found the gluten in their teeth 3.4 million years ago.

Tony Federico: We'll definitely want to get a link to that or see that.

Dr. John D.: Sure.

Tony Federico: What early human ancestor was this?

Dr. John D.: A variety of strains of early humans. The early hominids were doing it. That's definitely in my book *Eat Wheat*, and I've written some articles about it. I can send you some links to them and you can see some of the science and read the research. It's pretty compelling. It is true that we didn't start growing our own wheat and hybridizing our wheat until about 12 thousand years ago, which, you know, according to a lot of genetic adaptations to say eating dairy with what's called lactase persistence ...

Tony Federico: Mm-hmm (affirmative).

Dr. John D.: People have been able to adapt in that short period of time. When you look at the way the body digests gluten, we've been doing it ... We've got gluten-digesting enzymes in our mouth, esophagus, stomach, small intestine. It seems clear when you really read the research, that gluten was not suppose to be broken down in the stomach and be all cleanly absorbed into the small intestine. Some of it was intended to go into the large intestine. There's glutaminases there that break down the gluten finely and surge the amount of short-chain fatty acids in the large intestine, like butyric acid, that drive immunity and microbiome health and robust and diversity of the microbiome.

This grain clearly has quite a sophisticated way of being digested. But, I completely agree with you that if your digestion is weaker and those proteins aren't broken down upstream, they will go and rip your guts to shreds, cause all the inflammation and the problems people have. If that's the case, don't eat it. But let's rebuild the digestion first, and then you have the choice, "Hey, I can eat some artisan type grain." One thing we know is that grains, wheat for example, were harvested in the fall for winter eating. They were never meant to be eaten three times a day for 30, 40, 50 years in a row.

Tony Federico: Gotcha.

Dr. John D.: We were never meant to process the heck out of it. We know that amylase, the enzyme that breaks down wheat directly, increases in the fall and decreases in the spring and the summer. In your body as we speak, our body's connected to the circadian seasonal rhythms and we have enzymes that ebb and flow throughout the year to help us digest seasonal foods.

There's an awesome study, Tony, that I thought was amazing. They measured deer, and deer have microbes that can digest bark in the wintertime, which they eat. They have microbes that can digest leaves in the summer, which they eat. But if they gave the deer bark in the summertime, they wouldn't have the digestion to ... The microbes to

digest the bark, and it could cause such a level of indigestion it could kill the deer.

Tony Federico: Wow.

Dr. John D.: I was like, "Wait a minute." You're telling me deer die when they eat out of season? We've been eating wheat three times a day for 50-60 years in a processed version which has broken down our digestive system and we can't digest it. Well, no wonder. We blame wheat on high glycemic index and blood sugar issues and obesity and Alzheimer's and, Tony, there are literally ... This is the part that people, I think, really do need to hear. There are volumes, and I've written about that in my book, over 600 scientific references that show that wheat actually lowers blood sugar. Wheat lowers the risk of Alzheimer's. Wheat increases cognitive function. Wheat extends lifespan by 22 percent, reduces cancer risk by 18 percent, and the studies go on and on and on. When I started doing this research, I'm going like, "Wait a minute. How could all this science say that wheat is actually such a beneficial thing when we have this new research, grain brain, wheat belly, saying it's really this problematic grain?"

What David Perlmutter did, and he's a friend of mine, the Grain Brain author, he took the fact that processed wheat has a high glycemic index and then he said because it has a high glycemic index it acts like sugar, and sugar causes Alzheimer's; therefore, grains must be bad for your brain.

Tony Federico: Hmm.

Dr. John D.: That's exactly what they did 60 years ago when they said cholesterol was bad. Anything that raised cholesterol was automatically deemed to cause heart disease. As we now know, that was a complete fake. It was paid off by the sugar industry. There was no scientific validity whatsoever. In the same way, wheat has been found guilty without a fair trial, because it doesn't raise blood sugar. There's study after study after study saying it actually lowers blood sugar, and ancient wheat has twice as much of the gluten as modern wheat.

Tony Federico: So you don't buy the argument that modern wheat has been bred into higher gluten content? That it's actually the opposite of that?

Dr. John D.: It is actually the opposite of that. Studies show that in the year 1900 to the year ... It's a US Agricultural study. From the year 1900 to the year 2008, the average American eats 86 pounds per wheat flour per year less in 2008 than they did in the year 1900. Since 1997 the average American eats 16 pounds less wheat a year than they do today.

Tony Federico: So we're eating less wheat.

Dr. John D.: We're eating less wheat, we're eating ... But our celiac problems and all of our gluten intolerance issues have gone off the charts in this time when we're eating less wheat.

Tony Federico: This goes back to your original point of the digestion being compromised and the processed foods and the chronic exposure that doesn't really honor seasonal expectations, I guess, so our biological clocks are

thrown out of whack. You're not saying go back to a gluten free-for-all and go back to the refined industrial, I guess you could say, bread products. How would bread look in your diet? The way that you're describing. Let's say, okay, in a perfect world someone has healed their digestion and certainly that is the case. People do, in fact, get better, and that's certainly I would say the goal. So digestion is good and somebody's kind of ready to embark on doing what you're doing. What does a day of eating look like? What does that actually ... How does wheat actually factor into the way you prescribe?

Dr. John D.: First of all, if you're going to ever eat any bread, the ingredients on the bread should look like organic wheat, organic starter, salt, and water. Nothing else.

Tony Federico: Are you looking at any specific type of grains or going into heritage varieties and things of that nature?

Dr. John D.: If you can get an ancient grain, that's always better. Spelt has about 40 percent less phytic acids, which make it a little easier for your body to break down. Rye is significantly easier on your blood sugar. So there are different strains of wheat that are easier on certain factors than other.

Tony Federico: Mm-hmm (affirmative).

Dr. John D.: Ancient grains have more antioxidants, even though they have more gluten. In that study that showed that the ancient wheat had twice as much gluten, it also had twice the reduction of inflammation in the gut, and it also lowered blood sugar and lowered cholesterol significantly more than the modern wheat did. But it had twice as much gluten and twice as much alpha gliadin, so again I was thinking, "Well, wait a minute. This doesn't add up. Something's wrong here."

Yeah. If you're going to have some wheat, digestive strength has been proven in a seasonal way, amp up in the winter to help digest meats and grains and soups and stews and heavier more dense foods which are harvested in the winter, more meats and things. Like the deer eat bark, right? We have better digestive strength then, so a little bit more of those artisan-type grains in the wintertime ... Spring and summer digestion gets weaker, and in a sense from an anthropological point of view, the body was always about trying to not overheat and dissipate heat out of the body. That's why homo sapians made it and the neanderthals didn't, because they couldn't get rid of the heat as well as the Earth started to heat up.

Eating foods that are cooked on the vine all summer long in a raw form made a heck of a lot more sense than having to cook all those heavy burgers and fries and things in our digestive system to increase the digestive heat. The more we can begin to connect with eating foods in a little more of a seasonal nature ...

Tony Federico: Right.

Dr. John D.: Eat more hard-to-digest foods in the winter, a little more grain in the winter. More fruits and vegetables in the spring and the summer. I actually put out a grocery list, seasonal recipes, and super foods for

everybody for free for every month of the year. You can get a whole list of recipes and foods and everything. It's called the Three Season Diet Challenge, and people can just get everything they need to know about what to eat every month of the year for free, just because I feel so compelled to let people know, "Hey, this is in season and those vegetables have spring bugs from the spring soil. When we eat those foods, they become your microbiomes that decongest you in the spring, that boost your immunity in the summer, help you boost your immunity in the winter, and dissipate heat in the summer.

So we've lost that connection, and that's one piece. Eating whole foods and non-processed foods is another huge piece. Then starting to make that emphasis toward not killing yourself with eating processed wheat. Take a loaf of bread, Tony, for example on the grocery store shelf. It will sit there and be soft and squishy for what a month maybe before it goes bad, if it ever goes bad?

Tony Federico: Right.

Dr. John D.: Talking about artisan bread, it gets hard in a day. You can knock somebody out with it in two days. The microbes which make up 90 percent of us won't even eat the bread in the plastic bag on the counter that has all these oils and cooked oils and processed ingredients in them. That's the big thing people need to look for. Obviously, ingredients that they don't recognize, don't eat it. Number one, anything that has cooked oils in it that has been used as a preservative or a softener is ingested for our liver and our gallbladder, and the gallbladder is what makes bile. Bile helps you emulsify fats and bad toxins in the environment, but bile also buffers the acid in your stomach. If you're not making adequate bile ... That's why gallbladder surgeries are epidemic right now, because everybody's got liver congestion. That links to blood sugar issues as well. If you don't have good bile flow, the stomach literally won't make the acid it needs to cook those hard-to-digest wheats and dairies. You'll feel terrible eating them, so don't. Let's decongest your liver and get the bile to flow. You have the buffers for the acid. The acids in the stomach say, "Hey, there's bile down there. We can make as much acid as we want," and start cooking food and detoxifying the way we were designed.

I believe that if we don't do that ... We keep taking more grain out of our diet and more nuts and seeds, and any lectins or phytic acid out of our diet, the studies show that ... Daniel Lieberman wrote a book, he's a Harvard professor, called The Story of the Human Body, and he clearly states, and so do other Harvard anthropologists, that the paleolithic period people did eat grains and cereals. It was absolutely a part of their diet. Like I said in the beginning, those harder-to-digest grains that provide a lot of fiber and other lectins and phytic acids. They're hard on one hand but they're super beneficial on the other. Most all of them have cancer ... Colon cancer fighting benefits and ...

Tony Federico: Yeah, I have seen some information pointing to anti-cancer effects from those lectins and things of that nature. The picture I'm getting right now is get your digestion straight.

Dr. John D.: Right.

Tony Federico: You've got some tips on your website right there on eatwheat.lifespa.com.

Dr. John D.: Right.

Tony Federico: How you can do that. How you can get your digestion fired up throughout the day and things like certain spices and being properly hydrated obviously are factors in there. Then, once your diet and lifestyle and digestion are all in alignment, enjoy some really good quality homemade artisan ancestral grain bread a few times during the winter, maybe with some grass-fed butter.

Dr. John D.: Right.

Tony Federico: Then kind of put it away for the spring and summer. That seems like a pretty reasonable thing. It does seem like a pretty enjoyable thing. I'm not gonna lie. Every once in a while gluten-free bread will get you through certain moments, but there is something particular about really, really good quality actual gluten bread. I appreciate you not coming out and just saying, "Hey, just eat bread. It's fine." You're saying, "Get your body healthy, heal your digestion, you have the potential to be able to tame bread." Don't let bread beat you, I guess.

Dr. John D.: Exactly.

Tony Federico: Stop running from bread. Fight back. Get your digestive fire amped up, and you can tackle bread within a reasonable biologically appropriate way. Yeah, man, so this is pretty interesting information, and definitely I'd like to ... After we wrap up, if you could send me some links to a couple of the different points that we discussed during the call today. I think this is not as radical as it may have seemed initially. I imagine we've kind of inspired some questions. I'm sure people are going to have some comments. We might have to do a followup depending on how everything shakes out after we release this. People might think we've lost our minds, but hopefully they'll give it a listen and come out with a new appreciation for what the body's capable in terms of healing and maybe can look forward to having some bread at some point.

Dr. John, I appreciate you coming on the show. Any parting words you'd like to leave with our audience?

Dr. John D.: Just that I have the highest respect for the paleo camp and the highest for people who are gluten free, because they have trouble digesting it. I would love to flush out the dialogue and talk about the science on both sides, and really help us get to a point where we don't end up going down some uncharted territory with regard to our diet, which we've done so often in the past and it didn't turn out well. I love the idea of coming back and banging out the questions and talking to your people and seeing if we can't come to some type of agreement, or just leave ... Open the window to new ideas and new possibilities and not end up on a restricted diet that might be harmful down the road.

Tony Federico: Right. That's as close as we're going to get to an election special this year.

Dr. John D.: Yeah.

Tony Federico: We're all in it together. Keep an open mind. Have a dialogue. All those things.

Dr. John D.: Yeah, exactly.

Tony Federico: Well, hey man, thanks again. Appreciate you coming on the show, and look forward to talking again.

Dr. John D.: My pleasure. That you.

Tony Federico: That was Dr. John Douillard, author of Eat Wheat. As you may have noticed during the episode, I was a little more than skeptical about some of the things Dr. John was saying. So after we recorded, I did my own research. What I found was that he was right on some points, while other points I would consider debatable. For example, a recently uncovered cave in Mozambique provided the oldest direct evidence of grain consumption ever, confirming that our ancestors consumed the gluten-free grain sorghum 90 thousand years before the official start of the agricultural revolution. On the other hand, specifically identifying wheat consumption in our early ancestors isn't as cut and dry, as it relies on indirect evidence provided by carbon analysis. That being said, I would suggest for you to do your own research. Look at the evidence for yourself and make up your own mind regarding what to do with it.

As Dr. John said in the interview, if you don't feel good or have symptom flareups when you eat wheat, don't do it. But if you do the work to heal your digestion, heal your immune system, and regain your health, maybe a little bit of really good bread here and there isn't necessarily a dietary devil; in fact, it might be a glutenous little angel's turd. To find links to the research Dr. John and I discussed, as well as what I found during my own investigations, check out the show notes for this episode on paleomagonline.com. Remember, you need to be a subscriber to Paleo Magazine to access the site. Otherwise, you can find out more about Dr. John, his concepts, his book Eat Wheat, and more by going to his website lifespa.com.

Next week's show will be a Paleo Radio Bite with Harpreet Rai of Oura Ring. Here's a preview.

Harpreet Rai: You know the Apple watch will take your heart rate every 10 minutes. Fit Bit will take your heart rate every minute, but it only takes it for 10 seconds or 5 seconds at a time and it tries to extrapolate that as your heart rate. We have a different approach at Oura. We actually want to get every single beat, and even the space between each beat because there's some really important information there, also known as your heart rate variability.

Tony Federico: To find out more about Harpreet, heart rate variability and the revolutionary Oura Ring Wearable, you'll have to tune in to next week's show. To make sure you don't miss it, be sure to subscribe to Paleo Magazine Radio on iTunes or favorite us on Stitcher. Before we go, I'd like to thank the sponsor of today's show. Ancient Nutrition. Their products are so good, so clean, and the benefits so compelling, that I was able to convince my vegan mom to add bone broth protein to her plant-based diet. I'd also like to mention that the December-January

issue of Paleo Magazine is now available. Since we're a bimonthly publication, it's the last issue of 2016 and the first issue of 2017. What better way is there to finish and start the year than with simple hacks to get more sleep and delicious recipes like hearty beef and vegetable stew, seared scallops with roasted squash and sprouts, and one-pan chili-lime salmon and peppers. To get your copy, head over to palemagonline.com and subscribe to Paleo Magazine today. Paleo Magazine Radio is brought to you by the Paleo Media Group. Our show music features the song Light It Up by Morgan Heritage and Jo Mesa Marley. Paleo Magazine Radio is produced by me, and behalf of everyone at Paleo Magazine, thank you for listening.