

What's With Wheat?

Wheat was a prevalent source of nutrition in biblical life. Wheat was often referenced in the Bible as a source of life and prosperity, it served as a staple in times of famine and drought, yet it was also the staple of the poor man's diet. Many biblical cultures survived on a little flour, oil and water, which gave us this thing we've been eating for thousands of years we call bread. Wheat has sustained humanity for thousands of years. Wheat has been a blessing in time of need and a sacred commodity used for religious offering and ceremony. Wheat has certainly been of great value to the human race.

If wheat has provided so much benefit to us, then why has it become so detrimental to our health in today's society? Why has wheat suddenly become our enemy? Why has something that has sustained us for thousands of years, suddenly turned on us? Many are now allergic to wheat, sensitive to wheat, allergic to the gluten in wheat or sensitive to the gluten in wheat. So are gluten allergies, gluten sensitivities and celiac disease a new thing, or has this always been the case, and we just didn't know it? Celiac disease was first described in A.D. 100 by the Greek doctor Aretaeus of Cappadocia. Aretaeus described celiac disease as an ailment with symptoms of weakness, malnutrition, and diarrhea, which he called *koiliakós*.

Are the dangers of wheat possibly related to Adam and Eve's fall? Was it part of the curse of the land? These are highly controversial questions and many have formed their own opinions and conclusions regarding the matter. Whatever the case, there is an argument to be made for the evidence that we do hold on the dangers of wheat "today". The fact is that the wheat that is consumed today is not the ancient wheat which was consumed in ancient times. Although some ancient wheats do still exist today, they have been found to have just as much gluten as traditional wheats today.

So with all that being said, can wheat be affecting both our physical and spiritual health today? Why do I say spiritual? Did you know that wheat allergy or sensitivities are also associated with mental illness, schizophrenia, and psychosis? If wheat might be affecting your health, perhaps it's something you need to pray about fasting and/or removing from your diet. Whether or not you think wheat might be an issue for you, we encourage everyone to watch the following Documentary in our Health Docs Series.

What's With Wheat? 2016

Documentary Summary:

'What's With Wheat?' is a hard hitting investigation into the growing epidemic of wheat & gluten intolerance, and why after eating wheat for thousands of years, it has been linked to so many health problems.

Where to Watch:**Trailer:**

<https://www.youtube.com/watch?v=bt8x-e30QJY>

Youtube:

<https://www.youtube.com/watch?v=bjNCvbehvBk>

Amazon:

https://www.amazon.com/Whats-Wheat-David-Perlmutter/dp/B06VW8GX9M/ref=sr_1_1?crid=3G5L7PPBG5YOW&keywords=what%27s+with+wheat+documentary&qid=1676399096&prefix=what%27s+with+wheat%2Caps%2C199&sr=8-1