



Pura Vida Foodology Planet-wide

Dr. AvatarNirvana Perez - *Foodologist* - NP MD PhD

Ensenada | Baja California | Mexico | Costa Rica | Philippines | Thailand | Africa | New Zealand

AVOID GLUTEN, YES, ALL GLUTEN

Gluten Kills

Gluten is found in wheat, barley and rye. It is labeled under many pseudonyms and in the ingredients of many processed and prepared foods you would never think would have gluten in them like yogurt, salad dressing, sauces, corn chips, potato chips, whole oats, popcorn, "vegan meats," deli meat, precooked meals, some wines, most beers and other hidden food products as well as the usual suspects such as bread, pizza and pasta.

Every human has a sensitivity to gluten. Gluten causes inflammation, disrupts hormones, crashes testosterone, destroys thyroid and thymus glands eventually crashing your entire endocrine system. Gluten slows neural connectivity literally gumming up your neural receptors, it slows your immunological systems and immunological response, gluten causes brain fog, depression, mood disorders, reduces fertility and is one of the major causes of erectile dysfunction. Gluten destroys your digestive bacteria and all of these damages accumulate over time because like cigarettes, meat and radiation, Gluten is a foreign antigen your body treats as threat NOT food. Gluten makes you fatter, slower, weaker and causes chronic pain. This is not my opinion. This is just a fact.

Now, I know many of you are wondering why NOW? If we've eaten gluten for thousands of years why do we suddenly have a health crisis? Because, I wondered the same thing and we found several contributing factors starting with our increase of gluten consumption by over 1,000%, the spread of corporate agriculture that puts profits over you, government incentives to grow hybridized wheat and our history being rewritten by the technocracy. The shortest version is: the wheat, barley and rye people have eaten since the mid 1980s is a very different degraded version than the sparse amounts of wheat we consumed over the last million years. We did, however, consume a lot of pine needles...

By the mid 1990s gluten from hybridized wheat became the cheapest and most widely available thickener and baking flour available forcing everyone who cooks and is not independently wealthy into using it despite its decreased nutrition. Simultaneously, Food Product producers and sellers were not required to list it in their ingredients. Even with the best intentions most of us were exposed to levels of gluten over a million times higher than previous generations without our knowledge or consent.

Starting in the 1930s several natural resources and pharmaceutical corporations started buying up farms from struggling families instituting corporate farming that destroys the land and is incentivized by government payouts to grow hybridized wheat and other crops. After the repeal of Prohibition beer brewers and distillers were also paid to make their libations from barley. Previously, a wide variety of grains, grasses, vegetables, fruits and tubers were used in various combinations for over 15,000 years of brewing history with recipes guarded by armies and passed down in families for THOUSANDS of years.

Our history and the history of our food, where foods are indigenous to and the spread of food is becoming more and more fictitious. Here's some fun facts: tomatoes are indigenous to northern Mexico and were believed to be poisonous by foreigners for over 300 years after they were first brought to Europe where they were grown as decorative plants. Potatoes are indigenous to Peru where there are thousands of multi-colored species in varied shapes and sizes. These were believed to be poisonous by foreigners



Pura Vida Foodology Planet-wide

Dr. AvatarNirvana Perez - *Foodologist* - NP MD PhD

Ensenada | Baja California | Mexico | Costa Rica | Philippines | Thailand | Africa | New Zealand

until the late 1700s over 200 years after they were first brought to Europe where they were grown as, you guessed it, decorative plants.

As a side note, “Russet Potatoes” (the most widely grown and sold “potatoes” in the realm taking up 70% of the market) are a trademarked engineered hybrid that are nearly three times the size as heirloom potatoes with less than half of the nutrition and twice the sugars. Russets under several pseudonyms were introduced as a monopoly in 1903 under the “propaganda” of a “vegetable that can withstand famine.” Conveniently, they forgot to mention how they affect your body and what they do to the soil where they are grown.

It has come to my attention there are several Food Product manufacturers selling a myth that gluten has been used to make vegan meats in China since the 1500s. This fictional alternative history was released in 2015 by the very companies that are manufacturing and selling these dangerous “Food Products.” The history of wheat and “vital wheat gluten” available on the internet today is very different than what I read in books when I was studying ancient human migratory patterns through the the cultivation of popular foods at Cambridge University.

Before you could just ask “Google” or “Siri” I scoured through books, ancient manuscripts and microfiche in the same libraries that educated kings while palming pepper spray because, you know, library basements. Wheat is indigenous to a small region in what is now modern day Iran. Because it was difficult to grow, provided little nutrition, had a long growing cycle and was difficult to work with due to a large hard endosperm, wheat seeds were not valued until the 1970s. As such they were infrequently harvested, used, given, sold or brought on expeditions to foreign lands and when they did begin growing in foreign lands they were quickly discarded as a “nuisance grass” by the locals.

By the 1400s several ancient species of wheat had spread around Europe slowly making their way through Asia reaching western China in the mid 1800s. Did you know it was illegal to even grow wheat in Japan until the empire was stripped of power after WWII? Wheat was sparsely grown around north America until the 1970s when a hybridized wheat with an endosperm reduced by more than 80%, that grew in half the time, resistant to most pests and easier to work with at a fraction of the cost flooded the market.

The US government paid farmers to burn their crops and only grow this new “miracle wheat.” By the 1980s many large pharmaceutical and petroleum corporations had diversified into farms and food product manufacturing to hide their monopolies. By the 1990s these same corporations began amassing personal militaries and intelligence agencies and by the mid 2000s their rein of terror burning the crops and seed houses of farmers who refuse to submit to them was well known especially in countries most westerners think of as “poorer developing nations.”

In economic double speak a “poorer developing nation” is a nation that has prioritized necessities (land to grow, seeds to grow with, clean air, clean available water, healthcare and education) over corporate profit (amassing large caches of weapons, your birthday, Christmas, a holiday for everyday of the year, the next i-Phone, car, gadget, toy, fashion, food product) to keep you in voluntary indentured servitude while brainwashing you into believing you are free so much so that you'll even die defending that “choice.” This implies



Pura Vida Foodology Planet-wide

Dr. AvatarNirvana Perez - *Foodologist* - NP MD PhD

Ensenada | Baja California | Mexico | Costa Rica | Philippines | Thailand | Africa | New Zealand

the health and wellness of a nation's citizens is ONLY valued by “developing nations” and a “poorer” nation is a nation with only a small “indentured servitude class” (consumers) to sustain the demand for more and new purchasing options (stuff) for their nation's middle class of consumers (indentured servants with “money”).

How is living in a toxic environment, hoarding toxic petroleum products, consuming engineered “Products” while scurrying in carcinogen generating weapons between home and work where everything is an obligation until you retire or die what we believe is civilized? This is a legitimate question. How did this become our innerstanding of a first world developed nation? Of course, most of you already sold your image, opinion, personality and that of your children for likes and stalking high school crushes... soooooo... worth it? Right?

Hey, did you know that Facebook partnered with Google who is partnered with the largest human looking robot manufacturer on the planet that states on their website that they can make a robot who looks like anyone alive or dead? That's a real thing. Maybe, the next time someone insists they know you and you know that's not possible because you've never spent a summer in Siberia, they actually met a robot wearing a skin that looks like you?

Even at the time I write this in 2022 there are corporate armies all over the realm forcing humans to grow their boss's hybridized wheat and other toxic product “seeds.” These families are under threat of losing their land, their families and their lives. Everyday brave men and women stand up against corporate enslavement at great personal risk to continue to safeguard our heirloom seeds. Some of these seeds have been passed down for thousands of years and others have grown in some regions for millions. It is our responsibility and privilege to be stewards of our second most valuable resource.

When you have land to grow on and seeds to grow with you are already rich The only “developing” you need to do is growing a rich and diverse edible garden. Furthermore, if you're not developing, growing, learning and changing doesn't that just make you stagnant, stubborn and ignorant?

Prioritizing developing sustainable and net-positive relationships creates the opportunity for you to become one of the stewards and protectors of this paradise we call earth. Once you master mimicking nature with minimal intrusion in your current environment than you are ready to explore a different environment. There is always something to learn especially when we close our mouths and open our ears.

It is a fact that Wheat and Gluten have been forced upon us since the 1970s. It is a fact that the Wheat and Gluten we know today are PRODUCTS companies created to sell to you to make you stupider, lazier, fatter. slower and weaker. It is a fact that Wheat and Gluten are NOT foods.

However, avoiding wheat and gluten does not mean you should not eat grains. Organic Gluten-Free Whole Grains are VERY important to your health regardless of what type of bio-organic body you have. Organic Gluten-Free Whole Grains are ESSENTIAL to stimulate the neurochemicals your brain needs to repair brain cells, build new brain cells, recall memories and form new memories. When you deprive your brain of ESSENTIAL



Pura Vida Foodology Planet-wide

Dr. AvatarNirvana Perez - *Foodologist* - NP MD PhD

Ensenada | Baja California | Mexico | Costa Rica | Philippines | Thailand | Africa | New Zealand

Gluten-Free Whole Grains your brain starts to die causing a long list of health complications like Alzheimer's and Parkinson's. Yes, Keto is making you stupider.

Check out our website for delicious healing recipes that give your brain all the nutrients it needs and are so easy to make your third grader is about to become a gourmet chef.

Below you will find synonyms for gluten used to mislead you the consumer, where you will most commonly find these ingredients and a list of ingredients used by Food Products manufacturers you're just supposed to know have gluten. This is one of the many reasons you ALWAYS read ingredients lists. You are the only one responsible for your health.

GLUTEN aka...

COMMENTS

Wheat	common ingredient
Atta	found in South Asian Cuisine
Barley	base of most beers
Barley Grass sprouted	found in juice shops, health stores & supplements
Bleached Flour	found in most commercially used flour
Bran / Wheat Bran	found in cereals, bars, prepackaged foods, hot cereal
Bread Flour	used by many bakeries
Bulgar	found in Middle Eastern Cuisine, India & Balkan States
Couscous	processed wheat found in France & Maghrebi cuisine
Durum	found in a lot of pasta
Ehmer / Emmer / Einkorn	ancient Italian wheat
Farina	used in the USA, means "milled wheat" in Italian
Faro / Farro	ancient Italian wheat
Fu	found in Japanese processed foods
Gluten	a part of Wheat, Rye and Barley grains
Graham	graham crackers, cookies
Hordeum Vulare	synonym for Barley
Hydrolyzed Wheat Protein/Starch	found in baked goods, beer, skin products, cosmetics
Kamut	ancient wheat
Malt	found in many beverages
Matza / Matzo / Matzah	unleavened flat bread common in Jewish cuisine
Orzo	type of Italian pasta
Panko	found in Japanese cuisine
Rye	found in bread



Pura Vida Foodology Planet-wide

Dr. AvatarNirvana Perez - Foodologist - NP MD PhD
Ensenada | Baja California | Mexico | Costa Rica | Philippines | Thailand | Africa | New Zealand

GLUTEN aka...

Secale Cereale

Seitan (pronounced Satan)

Semolina

Spelt

Sprouted Wheat

Triga

Triticale

Triticum

Triticum Spelta

Udon

Vital Wheat Gluten

Vulgare

Wheat

Wheat Flour

Wheat Germ

Wheat Germ Extract

Wheat Germ Oil

Wheat Protein

Wheat Starch

Wheatgrass

White Flour

Whole Wheat

COMMENTS

synonym for Rye

found in a lot of “vegan meats”

found in a lot of pasta

ancient Italian wheat

found in bread, tortillas, “health” food

synonym for ancient Rye

found in various food products and beverages like bakery products, pasta, yogurt, edible film, etc.

synonym for Wheat

ancient Italian wheat

found in a lot of Japanese cuisine

found in a lot of “vegan meats”

synonym for Barley

common ingredient

found in granolas, cereals, cornbread

found in granolas, cereals, cornbread, health food stores, supplements

found in granolas, cereals, cornbread, health food stores, supplements

found in “vegan meats” & deli meats

common thickener in prepared foods

found in juice shops, health stores & supplements

common health food & health food product

common ingredient

common ingredient

May your life be full of great joy with the health and abundance to enjoy it.

Dr. Ava Perez



Pura Vida Foodology Planet-wide

Dr. AvatarNirvana Perez - Foodologist - NP MD PhD
Ensenada | Baja California | Mexico | Costa Rica | Philippines | Thailand | Africa | New Zealand

PLACES YOU MIGHT FIND GLUTEN WHERE YOU WOULDN'T EXPECT

Artificial Flavoring	Instant Noodles	Potato Chips
Beers – Most	Instant Oats	Precooked Meats
CornChips	Maltodextrin	Salad Dressing
Crackers	Modified Food Starch	Sauces
Deli Meat	Modified Starch	Seasonings
Dextrin	Natural Flavor	Soy Sauce
Flavorings	Natural Flavoring	Vegan Meats
Flour Tortillas	Oatmeal	Vegetable Starch
Hot Pockets	Oats	Vegetable Protein
Hyrolyzed Plant Protein	Pancakes	Wines – Some
Hydrolyzed Vegetable Protein	Popcorn	Yogurt – Some

May your life be full of great joy with the health and abundance to enjoy it.

Dr. Ava Perez