

WHEAT BELLY

Dr. William Davis • Lose the Wheat, Lose the Weight

Published in 2011, **Wheat Belly** by cardiologist Dr. William Davis is a pivotal text in the gluten-free movement. Davis argues that modern wheat is a genetically altered "Frankenwheat" that serves as the primary driver for global obesity and chronic inflammatory disease.

1. The Modern "Frankenwheat"

Davis posits that modern wheat is not the grain our ancestors ate. Through intensive 20th-century hybridization, wheat was transformed into high-yield, dwarf strains. This genetic tinkering altered gluten proteins and introduced new strains of **gliadin** that the human digestive system is not evolutionarily equipped to process.

2. Glycemic Trigger & Visceral Fat

Wheat contains a unique complex carbohydrate called **Amylopectin A**, which raises blood sugar more rapidly than almost any other food—including pure sugar.

- **Insulin Surges:** These blood sugar spikes trigger massive insulin releases.
- **Visceral Accumulation:** High insulin levels signal the body to store "visceral fat" around internal organs, creating the characteristic "wheat belly" and promoting systemic inflammation.

3. The Addictive Cycle: Exorphins

When gluten is digested, it yields polypeptides known as **exorphins**. These compounds cross the blood-brain barrier and bind to opiate receptors, triggering addictive cravings and artificially stimulating appetite, which leads to overconsumption of calories.

4. Systemic Destruction

Beyond weight gain, Davis links wheat to various systemic issues:

- **Accelerated Aging:** Frequent blood sugar spikes create Advanced Glycation End-products (AGEs) that stiffen arteries and wrinkle skin.
- **Autoimmunity:** Wheat consumption is tied to joint pain, acid reflux, brain fog, and skin conditions like psoriasis.

***The Ultimate Takeaway:** Eliminating wheat is presented as the single most effective lever for weight loss and health. By removing this agricultural staple, individuals can stabilize insulin, reduce inflammation, and break the cycle of addictive eating.*