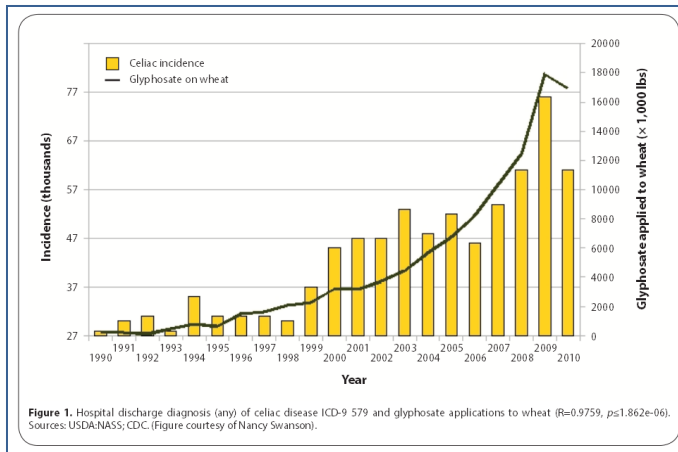




## Why 165 gluten-free recipes?

It is widely known that gluten intolerance, and celiac disease, the acute immune response to *gliadin* and *glutenin* in grains, are major public health issues. According to [Dr. Alessio Fasano](#), director of the University of Maryland Center for Celiac Research, gluten sensitivity affects 6% to 7% of the U.S. population, or 20 million people. A [Mayo clinic study](#) suggests that *celiac sprue* is now over four times more common than it was 60 years ago, and affects about 1% of the population. Untreated celiac disease may be accompanied by osteoporosis, nausea, macrocytic anemia, fatigue, depression, constipation, infertility, malnutrition, and certain cancers. According to Mayo studies, undiagnosed celiac disease can quadruple the risk of death, and increase the risk of renal failure, cancer, and chronic autoimmune thyroiditis.

[A recent MIT study](#) suggests a cause-effect relationship between the herbicide *glyphosate*, the active ingredient in *Roundup*<sup>®</sup>, and the widespread increase in celiac disease since 1990.



*Celiac incidence and glyphosate used on wheat 1990 -2010*

## High-Protein, nutrient-dense breakfasts combat disease

Protein is key to a healthy breakfast. **Dr. Bruce Bistrian**, Professor of Medicine at Harvard Medical School and Chief of the Division of Clinical Nutrition [makes a powerful case for protein-rich breakfasts](#). He says: *“Protein energy malnutrition accompanying disease remains the single most common condition in hospitalized patients and dramatically impacts morbidity and mortality.”*

Mark Hyman M.D., author of *The Blood Sugar Solution* holds that [the diet of most Americans is nutritionally inadequate](#). He states that nearly 30% of American diets fall short in magnesium, vitamins C, E, and A. More than 80% of Americans lack vitamin D. And 90% are deficient in omega-3 fats, a critical key in controlling inflammation and blood glucose levels.

Myriad factors contribute to the nutrition gap. Processed foods, the wide use of corn syrups, refined flours, and trans-fats crowd out more costly, nutrient-dense foods. A [recent report by Colorado State University](#) showed that factory-raised meats are lower in Omega-3 fats, vitamin E, A, linoleic acid, and other nutrients, while being higher in fat and additives than grass-fed meats. Refining food reduces its nutrient value and increases cravings. A landmark [study by the Journal of the American College of Nutrition](#) found that industrial agriculture depletes soil nutrients, and that all vegetables harvested today contain significantly less nutrients than two generations ago.

[Good Morning Paleo](#) offers nutrient-dense, real-food breakfasts from the ancestral diet.

## Paleo muffins without weight gain?

More than one-third of U.S. adults (35.7%) are overweight. Obesity carries with it increased risk of cardiovascular disease, CVA, hypertension, diabetes, cancer, osteoarthritis, and gout. Careful control of blood glucose levels can delay the onset and slow the progression of obesity, diabetes, and metabolic disorder. However, if not controlled, it can lead to complications such as coronary artery disease, nephropathy, and diabetic retinopathy.

[A recent study by the New England Journal of Medicine](#) found that a reduction in dietary carbohydrates improved blood sugar behavior and reduced the tendency to weight gain. The removal of wheat and processed grains reversed elevated blood glucose levels, showing an improvement in insulin sensitivity and triglyceride levels. Many people find that a major benefit of the Paleo diet is to stabilize metabolism and body weight. **Good Morning Paleo** offers practical recipes for weight control using **\* low-carb, natural flours and sweeteners:**

% Carbs in Flours	% Carbs
<b>*Pure coconut meat</b>	<b>27%</b>
<b>*Almond meal / flour</b>	<b>31%</b>
Whole wheat flour	67%
Coconut flour	71%
White flour	73%
Brown rice flour	78%
Potato flour	83%
Tapioca flour	84%

% Carbs in Sweeteners	% Carbs
<b>*Just Like Sugar, chicory root</b>	<b>0%</b>
<b>*PureLo Lo Han by Swanson</b>	<b>0%</b>
<b>*Swerve sweetener</b>	<b>0%</b>
Xylitol	72%
<b>*Raw honey</b>	<b>82%</b>
Agave nectar	85%
Maple syrup	89%
Brown rice syrup	90%
Coconut sugar	92%
Cane and Beet sugar	100%

## Hunt-and-gather ingredients are powerful nutrition

The Paleo diet means eating real foods in their original form that a caveman might enjoy. The diet includes vegetables, meat, fish, poultry, nuts, seeds, tart fruits, and unprocessed fats. It excludes refined foods, grains, dairy, beans, extracted seed oils, and sugars.

However with no bagels and cream cheese, no milk, orange juice, croissants, or Cheerios, one might ask: "What's left to eat for breakfast?" The answer is surprisingly simple. With the elimination of empty calories and industrial foods, what's left is an almost limitless variety of flavorful, nutritious foods. **Here are some of the ingredients used in the book:**

- High-Omega-3 foods like Chia seeds, Hemp seeds, Flax meal, and Wild salmon
- Antioxidant berries such as Açai, Goji, Blueberries, Raspberries, and Cranberries.
- Apple Cider Vinegar and Fermented Veggies promote healthy micro-flora.
- Bone Broth is rich in protein and minerals that help repair the digestive tract.
- Coconut butter used as a flour contains essential amino acids, calcium, and magnesium.
- Tulsi Tea, an Ayurvedic herb that cleanses toxins from respiratory and digestive tracts.
- Grass-fed, pasture-raised meats and poultry free of antibiotics and industrial toxins.
- Healthy fats such as coconut oil and olive oil.
- Sweetener options include raw honey and zero-glycemic sweeteners that do not affect blood sugar levels: natural chicory root [Just Like Sugar Table Top](#), [PureLo Lo Han Guo](#) [Monk Fruit sweetener by Swanson](#), and [Swerve sweetener](#).

**Send Jane an M.D. review, and receive a complimentary copy of the book!**

[View Recipe List](#)    Contact Jane: [Jane@JanesHealthyKitchen.com](mailto:Jane@JanesHealthyKitchen.com)