

# KEEP OFF THE GRASS



*The Human Primate Guide to being Gluten-Free*

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# Welcome

Hello, fellow primate, and welcome to

## **The Human Primate guide to being gluten-free.**

This guide intends to give you the science behind my recommendation of eliminating grains, including wheat, from your diet.

The idea of being Gluten(grain)-Free has been around for a while, but I have found that most people do not understand the reasons why removing grains from your diet is so beneficial. In this guide, I will briefly cover the key reasons that you should not eat grass.

Once you have this information, you can decide for yourself if this nutritional choice is for you. I will then make some simple recommendations on how to go about removing wheat and other grains from your diet. We will then finish up by covering what to expect as you begin to heal.

## About Me:



I'm a bit odd, ok, maybe more than a bit, and I'm ok with that. My life doesn't look like most peoples, and that is by design. I look at life from a zookeeper's perspective, meaning biology first. I am more concerned with what my biology needs than what society expects. I eat, move, rest, and connect as humans have for 2.5 million years.

I eat animal products and nothing else. I only "workout" a few minutes a week at home. My wife and I live in about 300 square feet, and I have deep intimate relationships with people outside of my marriage. I'm told my diet is boring, and my workout routine is soft and uninspiring. It can be tough for people to wrap their heads around living with so little stuff, and my relationships can be hard to fathom. While those opinions are valid for some, I use different metrics for what I want.

At 43, I'm stronger and more muscular than I have ever been. I have eliminated my joint pain and gastrointestinal issues, and I have the energy and sex drive of a teenager, soooo there's not much concern for what the general population thinks.

**You probably don't want to live like me, but trust me when I say you do want to Look, Feel, and Perform like me.**

As a coach, I will teach you how your biology works and why the vast majority of nutrition and health advice is entirely backward from how Homo sapiens evolved to live.

**Let's talk Science!**

## Looking Back to See Ahead:

Human nutrition can be a complicated subject to understand. I find it helpful to look at our nutritional needs the same way we did for the animals I worked with, from an evolutionary perspective.

Every species of plant and animal on this planet has slowly changed and adapted to the environment around them. This process of little tiny changes over long periods creates ecosystems full of life that's exquisitely interconnected through the struggle of survival and reproduction. This back and forth struggle is what we call evolution.

One significant component of survival is food. If you fail to eat or you get eaten by something else, then you lose the evolution game. Each species has specific nutritional requirements and, therefore, particular adaptations to help them meet to needs.



A tiger blends in with the grasses around it, so perfectly so that you could be within pouncing range of a 450 pound predator and wouldn't even know it. Camouflage is a requirement for a carnivore who depends on stealth for hunting.

The Sword-Billed Hummingbird has a beak that is longer than its body and feeds only on flowers of one plant. The two species have co-evolved to depend on each other for survival.

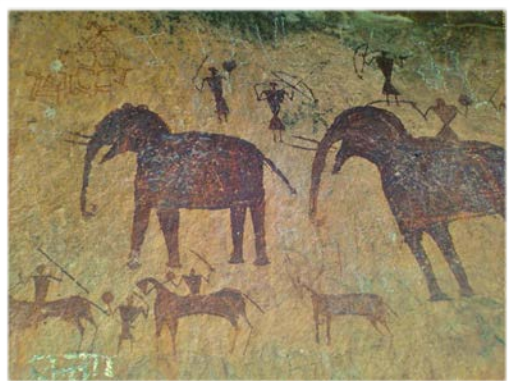


**Every species evolved unique biologies with specific nutritional needs and a set of adaptations that allow them to meet those needs. Homo sapiens are no exception.**

## Human Evolution:

Until approximately 7 million years ago, our ancestors lived in the trees and ate mostly leaves and fruit. Around that time, one species evolved that stood upright and walked bipedally. This shift in movement style was most likely due to a changing climate that caused the once forests to become grasslands. This new upright primate also changed its diet. Due to a lack of leaves and fruit in the open country, they scavenged from the kills of other predators, and probably also ate smaller animals they could catch. We know this by studying the stable protein isotopes in the fossilized bones.

Around 2.5 million years, the first Homo(human) species showed up, and our species, Homo sapiens has been running around for almost 300,000 years. One of the defining characteristics of the first humans that differentiated them from other upright primates was their hunting skills. Early human sites are full of stone tools used for hunting and butchering of large animals as well as bones of large animals that have clear signs of being butchered.



**Your ancestors didn't  
paint carrots!**

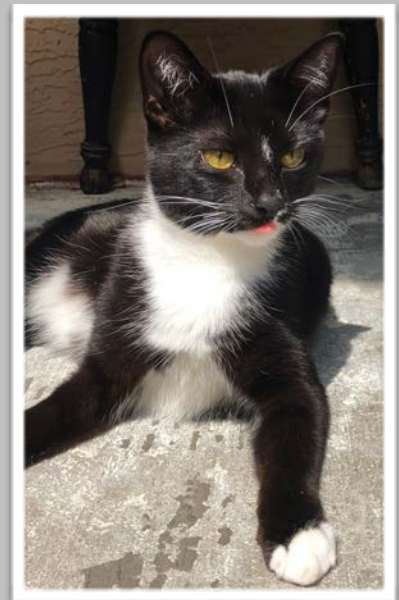
The earliest known representative art was of female figures and hunting. Grandpa's priorities were pretty obvious.

As humans evolved, we became true hunters. One of the things seen in all later human species is the ability to throw overhand, and this adaptation evolved alongside tool use to become the ability to throw heavy and/or pointy things at large animals.

When Homo sapiens showed up probably around 300,000 years ago, they were fully adapted, predators. They were tall, lean, strong, intelligent, and social. You know, exactly like us. Well, their brains were a bit bigger than ours but can talk about that later. So we have been fundamentally unchanged at a biological level for 300,000 years. I bring this up because for 288,000 of those years we ate the same way and we thrived! It's only in the last 12,000 years that we have made a massive change to the basic foundation of our nutrition, and we are paying for it. So let's talk about eating grass.

## Pets:

Eating species-appropriate food is critical for pets as well. If you have a dog or cat at home, remember they are carnivorous and should not be eating grains either. Deanie here eats high-quality grain-free cat food and raw meat in about equal amounts.



# Wheat:

What changed around 12,000 years ago was the invention of farming and, more specifically, the domestication of a grass known as wheat. Today this is looked at as a foundation of human civilization because it gave rise to the ability for people to stay in one area and for populations to grow beyond what hunting and gathering could provide. However, the other side of this domestication was a massive rise in metabolic diseases because we do not have the biological machinery for eating grass. Let me explain

Plants that have seeds use a variety of techniques to spread them and start the next generation. You can think of the seeds as baby plants, and just like all parents, they want to protect their babies and give them the best chance at survival. Like most grasses, wheat uses the wind to spread its babies as far as possible.

## Grass Seeds:

- They must be small and light so the wind can carry them.
- They are full of pesticides to prevent them from being eaten before they can mature.



**The seeds are going to be small and light.**

The first point is the reason that grasses were not a part of the human diet before the domestication started. The time and effort needed to collect enough of those little tiny seeds versus the nutritional gain were counterproductive. And remember this was before the crazy mutant wheat we have now, so each plant only produced a small amount.



**The plant is going to protect the seed as long as it can.**

The second point is what causes the issues. One of the ways a plant will protect its seeds is to manufacture pesticides. By building these chemicals into the seeds, they can keep bacteria, fungus, insects, and other animals from eating them. One family of chemicals they make is called lectins.

Some lectins are potentially useful in specific situations. However, because plants create them as pesticides, most are classified as toxic, and those are the ones we are talking about here. The most toxic of these is gluten. Because we did not eat grass seeds before farming, we do not have the biological mechanism to deal with this type of food.

Understand that although eating grasses and their seeds are normal now, they are not a part of a natural human diet. Let's look at the issues that these seeds can cause. From here on out, I will be referring to gluten because it is the most toxic. However, lectins found in all grains can cause most of these issues.



## Nut Cracker

- Hyacinth Macaws like Safari have specialized digestive tracts to handle the toxin load from palm nuts, their favorite food.
- They also evolved one of the most powerful bites in the bird world because palm trees don't want their nuts eaten.

## Effects of Gluten Consumption:

- Low Sex Hormones, Low Sex Drive
- Muscle Loss
- Poor blood sugar control
- Impaired Immune Function
- Weight Gain around the waist
- Brain fog

Let's start with the immediate effects of gluten ingestion on the body. Gluten has a damaging effect on the mucus layer that protects the thin wall of cells that separates your insides from the contents of your intestines. The response to this damage is similar to how our skin reacts to an irritant like poison ivy. As you can imagine, this leads to some unpleasant side effects like gas, bloating, cramps, pain, and diarrhea.

Luckily because these are the first reactions our body exhibits, they are also the first things to reverse after the removal of gluten. Most of my clients start experiencing relief from gastrointestinal upset with a week.

Longer-term effects of gluten consumption can be hormone disruption. A large number of hormones and other essential compounds are constructed in and controlled by our guts. Constant irritation by toxic chemicals will cause inflammation of our digestive tracts, and this, in turn, leads to a systemic stress response.

When our bodies are stressed, we prioritize survival over health.

Our stress response evolved to protect us from threats, we call this the fight or flight. This response is great in short bursts when needed like when your prehistoric grandpa ran into a lion on his morning walk. However, when we eat a diet that causes systemic inflammation we put our bodies into this stressed state consistently. Because this stress response has biological priority over other hormonal functions, those functions can eventually break down.

Over time this constant assault on our biology causes what's usually referred to as leaky gut. In simplest terms, we develop holes in our intestines that allow more substantial pieces of matter to escape into our bodies. The idea of our intestinal contents leaking into our bodies is a bit off-putting, and it should be because it is a severe problem, and a lot of people have it. One of the most significant issues is that as foreign material moves into your body, your immune system responds, and this can tax your body's ability to keep up.

A leaky gut will eventually cause what is known as an autoimmune response. Millions have been diagnosed with autoimmune issues such as Hashimoto's, lupus, rheumatoid arthritis, psoriasis, multiple sclerosis, Crohn's disease or any of the more than 80 others. If you or someone you love is dealing with autoimmune issues, then eliminating grains will be essential to reversing your symptoms.

## Grains to Avoid:

Amaranth	Oatmeal	Triticale
Barley	Popcorn	Wheat
Brown Rice	Muesli	Wheat Berries
Buckwheat	Rolled Oats	White Rice
Bulgur (Cracked Wheat)	Quinoa	Whole Grain Barley
Farro / Emmer	Rye	Whole Grain Cornmeal
Flaxseed	Sorghum	Whole Rye
Millet	Spelt	Whole Wheat
Oats	Teff	Wild Rice

# How to get rid of Gluten:

When it comes to getting rid of grains, and in particular gluten, there are a couple of ways to go about it, and most of my clients find a sweet spot mixing the two.

1. **Replace:** This is where you remove gluten-containing items and replace them with similar items that are gluten-free. For example, you could replace your wheat-containing breakfast cereal with a gluten-free variety.
2. **Eliminate:** This is where you just remove that item from your diet altogether. In the example above, you would have bacon and eggs instead of cereal.

I have found that for myself and most of my clients, the best method is to eliminate as much as possible and replace what you must. Many gluten-containing items are highly processed, which means not only do they have gluten, but most likely, they are also full of sugar, soy, and who knows what else, and so are their gluten-free counterparts. So yes, a gluten-free cookie is better for you than one containing wheat, but it is still not nutritionally beneficial.

## My recommendations:

- When meal planning, think protein and fat first, then add a side item.
- Shop the outside of the grocery store as much as you can. This way, you can base your nutrition on the food you can identify like, meat, eggs, veggies.
- Remove all wheat-containing products from your house.
- If you have a particular food/activity like pizza/game night with your family, find a replacement but use it sparingly.

## What to expect:

As you remove grains from your diet, there will be a transitional period, and I want to talk about how that may look. Remember that your diet is not only what you consume but also the habits you have surrounding eating. I start my clients off by having them be aware of what and when they are eating for a few days. It is incredible how many of us choose food or snacks without being aware of it. Awareness of these patterns and habits will help you stop the ones you want to change. The first resistance you feel will usually stem from these habits. When we are used to doing something, change can feel weird. Next, the cravings show up.

When we remove wheat and other grains from our diet, it requires us to give up many of the carbohydrate-rich processed foods. Simple sugars, soy, and grains in these products cause changes in brain chemistry similar to those of heroin and other opiates. Removal of these addictive chemicals can cause us to experience withdrawal-like symptoms. For those of us that are a bit more sugar sensitive, this can be a demanding process. You may experience severe cravings, sweating, nausea, headaches, and general crappiness.

My advice here is to drink lots of water and eat plenty of protein and fat. The cravings do taper off pretty quickly, so you just have to wait them out.

I do not recommend "cheating." Every time you cheat you reset the cravings to come back later, you didn't get rid of them. Also, gluten and other lectins are toxic chemicals that have a long term effect on your health. Even a single meal containing gluten can cause damage to your intestinal lining that takes months to heal. If you need something special, then find a quality gluten-free treat.

# Healing:

Healing is why we are all here. By eliminating gluten and other toxins as well as supporting your biology with proper nutrition, you will experience all of the positive side effects of health. These include but are not limited to:

- More energy
- Lack of gastrointestinal pain and discomfort
- Clear cognitive function
- Stronger sex drive

Many of my clients start feeling better immediately. Typically the first thing to improve is gastrointestinal distress (bloating, gas, pain). Because this is ground zero for the damage done by gluten, it is not surprising that removal of it facilitates immediate relief. It may not fix all your gut problems. However, within two weeks, you should feel better.

As you continue healing, you will notice joint pain slowly going away, and most people find clarity of mind. Inflammation causes both joint pain and "foggy" brain, so it takes a bit longer to feel results, however within a month, you will start to improve noticeably.

So how long should you be grain-free? FOREVER! As you now know, grains are not part of a natural human diet. You do not ever need to eat them. I understand that not everyone is going to eliminate grains forever. That is your choice to make, remember the longer you keep wheat and other grains out, the healthier your biology will be.

Going gluten-free for thirty days is what I recommend for people interested in experimenting with removing grains. A month gives you enough time to settle into your new habits and feel what it's like not to have gluten, both from a biological perspective as well as a habitual one.

# Now What:

Try it for 30 days and then ask yourself:  
**Do I Look, Feel, and Perform better than I did a  
month ago?**

Let me know. I would love to hear from you about your experience.  
Contact me [HERE](#) and let me know how removing grass from your diet  
has changed things for you.

If you have any questions let me know [HERE](#).

**Thank you and,  
Keep Evolving  
Erik William**