

*Mentioning the un-mentionable*

For those heeding the need to eat grains foods whole, for the first time, it should be noted that the change-over from refined grains can be rough on the digestive system.

Why? Because the healthy residence time for food in our body is 1 to 2 days. Unhappily, people eating a low fiber diet have a food residence time of as long as 2 weeks, perhaps even more! So, you can realize that such people will experience all sorts of intestinal problems when they make the switch to whole grains. Time is needed for the microorganisms to change over and develop accordingly.

The advice needed is to drink plenty of water and to introduce whole grain foods gradually, over 2 to 4 weeks. Including plain yogurt and sourdough fermented grain foods assists in the process. The regularity that ensues is absolutely worth the effort, as are the long-term health benefits.