

Why Bread may Bloat

The bread we eat today is **not** the same as what was eaten in our grandparents time. Its different in 2 significant ways:

1. In the past couple of generations, the bread we eat has become lighter and fluffier in texture. This is due to the increased gluten content in the flour. Over the years, the wheat crops grown for bread making have been bred to have higher gluten levels. This is because the gluten provides the elasticity and viscosity that we consumers like in our bread. Light and fluffy, not much substance, and increasingly difficult to digest. Gluten is a protein mix (of gliadins - α , β , γ , ω gliadins and glutenin). Its a bit like wire mesh. It binds things together, which gives the bread the qualities we want, but it has become more onerous on the digestive system to break down.
2. Additional to the change in gluten content, the way we bake our bread has changed. The dough used to be kneaded and left overnight to rise. That process allowed time for enzymes to start breaking down bonds in the bread and making it easier for you and me to digest. That does not happen now. A faster chemical process has replaced the older slower method. The result – bread that needs a little more work by the digestive system. Furthermore, flour mills use different chemical bleaches – such as oxides of nitrogen, chlorine, chloride; nitrosyl and benzyl peroxides. Any residue that may be present could be an issue in the chemically sensitive person.

What to do ?

1. Try an Organic Sourdough Bread, and
2. Strengthen the Upper Digestive System ie. a simple start is to have a little [Organic AppleCider Vinegar](#) mixed with honey in warm water first thing in the morning (and ideally with your meals).
3. Consider a Gluten Free Diet. To assist you there are books that may help such as [The Guide to a Gluten Free Diet by Dr. David Brownstein](#). This book may help you improve your health by eliminating gluten from your diet.
4. Re-educate your bowel by improving the muscle tone of the bowel which may help to relieve flatulence, bloating and digestive disturbance. [Wonderfoods HerbaFibre](#) may quickly and gently help to relieve constipation whilst strengthening