The 2nd stage of the dietary transition: Detoxification 2/2

Stage compatible with:

- Ayurveda, Traditional Chinese Medicine & macrobiotics
- Raw foodism, veganism & living food
- The Mediterranean diet & the Seignalet diet
- The Paleolithic diet & the ketogenic diet

The logic and objectives of the stage.

The second stage consists of also freeing oneself from gluten and casein, pro-inflammatory proteins that, during digestion, release opioid substances called casomorphin, gluteomorphin, and gliadinomorphin. These molecules affect the nervous system and can lead to genuine addiction.

- More specifically, gluten irritates the intestinal lining and can make it permeable, paving the way for many diseases, such as autoimmune disorders and allergies.
- As for casein and other proteins found in milk, they are acidifying and mucus-forming, especially when heated (glycation reactions between proteins and sugars).

As with each stage, consuming sweet fruits and vegetable juices will facilitate the transition to the next stage.

The concrete changes to put in place.

No longer consume casein, which is present in:

- Foods containing cow's milk (raw or cooked), in all its forms (milk, cheeses, yogurts, ice cream, etc.).
- Moreover, even though goat's milk casein is less harmful to health, it is preferable to wean oneself once and for all and leave milk to calves and young goats.

An alternative is to replace dairy products with plant-based cheeses that have the same taste but without the drawbacks.

No longer consume gluten, which is found in:

- Foods containing wheat, in all its forms (pasta, couscous, bread, biscuits, etc.),
- And, to a lesser extent, in spelt, rye, and barley.

Other starches will therefore be preferred, such as sweet potato, potato, buckwheat, quinoa, millet, etc. These grains should be consumed whole or semi-whole.

One obstacle here is the belief that dairy products are nevertheless beneficial or necessary.

The results when the objective is achieved.

This second stage is considered achieved when one has integrated (in thought and in action) that modern wheat, just like cow's milk, has undergone many transformations (genetic selection and hybridization) that make them harmful, addictive, and therefore unsuitable for human consumption.

If one or two addictions to products not recommended in stages 1 and 2 persist but remain occasional and in small quantities (maximum once a week), these first two stages can be considered completed. In other cases, it is advisable to undergo therapy to understand the emotional component of addiction in order to address suffering and lack of love in ways other than oral pleasure. Otherwise, the rest of the transition will not rest on solid foundations and will be unstable.