

WHITE FLOUR BLOCKS COPPER 7 WAYS

Phytate depletes copper. The decision between white flour and whole wheat flour is a bad one. They each deplete copper.

The values of phytic acid in breads ranges between 1.48 mg/g (white wheat bread) and 7.53 mg/g (bran bread). Enriched White Flour has been stripped of the bran, and 5 synthetic nutrients are added: thiamin, riboflavin, niacin, folic acid, and iron. The first four are B-vitamins.

Almost 95% of the white flour in the United States is enriched with iron and four synthetic B-vitamins. But it doesn't restore the nutritive value by restoring all that was lost. What are the vitamins and minerals in wheat germ? <https://fdc.nal.usda.gov/food-details168892/nutrients>

The copper declined from 0.76 mg to 0.10 mg. The copper content in wheat germ is higher than the total intake of copper for the average person!

Enriched white flour is a major staple food in the food supply that is in nearly everything. It is not just "white bread." It's in sourdough bread, noodles, pasta, tortillas, cereals, the cracker aisle, the cookie aisle, the baking goods section, hot dog buns, hamburger buns, muffins, cakes, pie crust, croissants, gravy, and anything made with flour.

The 5 nutrients added, the B-vitamins and the iron, all block copper. The phytate blocks copper. But bread is even worse, as the iodine doctors have noticed. In most breads, before 1980, they used iodine as a dough conditioner. Today, they use neurotoxic *bromine*, instead of *iodine*. And bromine blocks iodine.

Most bread also contains traces of glyphosate. Glyphosate is even sprayed on organic wheat to kill it for the harvest. Since it is not used while it is growing, but only to kill it, it is still considered organic. Glyphosate is a metal chelator. It chelates copper! It chelates other minerals, too, like calcium and magnesium.

Copper antagonists in enriched white flour:

1. Phytate blocks copper (even more phytate in whole wheat bread).
2. Iron blocks copper.
3. Niacin and B-vitamins block copper.
4. Has the copper content removed.
5. Bromine, a neurotoxin (Copper is a major nerve healer).
6. Aluminum, a neurotoxin (Copper is a major nerve healer).
7. Glyphosate, a metal chelator/binder/remover (it chelates/blocks copper).

A lot of people have "gluten intolerance." This is also called "Celiac disease." Celiac disease is copper deficiency. Copper is good for the gut. It helps build collagen. Copper is an astringent. Copper tightens the pores in the intestine, healing "leaky gut." Copper thickens the skin and similarly strengthens the walls of the intestine.

RoundUp has been linked to instances of cancer, celiac disease, Parkinson's, and more. Sounds like copper deficiency.

There is irrefutable research-based evidence that casual exposure to the chemical glyphosate is one of the causes of birth defects, miscarriages, premature births, cancer – non-Hodgkin's lymphoma and hairy cell leukemia, DNA damage, autism, irreparable kidney and liver damage, and infertility.

AMPA, the glyphosate metabolite, also has genotoxic effects. Neurotoxicity effects including Parkinsonism have emerged following acute exposure. Exposure to glyphosate results in oxidative stress in lab animals and death of neuronal cells, correlating with Parkinsonian pathology.

Glyphosate, pathways to modern diseases II: Celiac sprue and gluten intolerance.

<https://pmc.ncbi.nlm.nih.gov/articles/PMC3945755/>

Celiac disease, and more generally gluten intolerance, is a growing problem worldwide, but especially in North America and Europe, where an estimated 5% of the population now suffers from it.

Glyphosate, a chelating agent—relevant for ecological risk assessment.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5823954/>

Those are copper deficiency symptoms! Cancer, Celiac Disease, Parkinson's, infertility, birth defects, miscarriages, premature births, irreparable kidney and liver damage, neurotoxicity...

It's a very similar story with white rice. But you can't just eat white rice all the time, because rice is high in arsenic, another toxin. Some say if you look hard enough, all food is bad for you. This is one reason why I will continue to supplement with copper and iodine and other items.