

Grains, grains, grains... where would we be without a lunchtime sandwich, a breakfast cereal and a nice big bowl of pasta for dinner?..

Probably finding yourself closer to a healthier existence!

It's time to learn how to live without a diet so dependent on grains. You may be wondering why? If you've been following the paleo diet for a while, you likely know the reasons, if you haven't and your unsure why this supposedly healthy food source should be excluded from your diet, here are a few reasons for you:

- Grains cause inflammation
- Grains prevent mineral absorption (iron, zinc and calcium)
- Grains have a very high carbohydrate content
- Grains cause leaky gut and autoimmune disease;
  - + Rheumatoid arthritis
  - + Type 1 diabetes
  - + Infertility
  - + Depression
  - + Multiple Sclerosis... (many more)

So how do we get used to living without all of these grains, which to some people make up every meal they eat? The simplest answer I have for you, is to learn to eat without them.

You're probably thanking me for that extremely in-depth response, right? Well, I believe that if you truly understand that something you are putting into your mouth is causing you ill health, long-term illness, a weakened immune system, and many other health declining illnesses, you will want to start to eliminate them from your diet.

If you were told that you were allergic to gluten, because it was the cause of your skin rashes, your 24-hour lack of energy and your irritable bowel symptoms, would you find a way to eliminate all gluten-based foods from your diet?

You better believe it!

But why would you want to wait until you are sick before taking action? When you know that certain foods are not good for you, and when you know that they are causing damage to your organs through ample amounts of research, wouldn't it be smart to avoid them before they cause severe damage and severe illness?

I believe so.

Grain-based foods are hard to find a direct substitute for in cooking. If you are wanting paleo friendly bread, their are options (some ideas can be found within the Paleo Cookbooks), if you were wanting paleo friendly noodles, their are options (vegetable noodle recipes found within the Paleo Cookbooks), but you will never find a direct substitute that will taste the same and deliver the same results.

Learn to live without a grain-based diet. Start cooking paleo friendly meals and learn to enjoy meals without grains. I'm not saying it's easy, and I'm not saying it's the hardest thing you'll ever do either, but if you want to learn how to live without grains, the best thing that you can do is to start enjoying a diet without them.

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