

What are the health risks of wheat and rice?

Studies

show that if wheat and rice are “white”, they will lack the “sugars of Group B vitamins”, which will result in dangerous diseases...

According

to research, glucose is injected into the tissues through the blood, then into

the cell and ultimately, it enters the mitochondria, then the oxygen is

transported by hemoglobin through the blood to the mitochondria, and in the

presence of the B group vitamins it is combined with acetyl-coenzyme and

generates the energy for the cells to function.

Studies

show that with the consumption of white wheat such as Sangak bread, Barbari

bread and Taftoon bread, and Lavash bread, most of which are harvested with

white flour of 18% bran, and white rice which loses B group vitamins in

factories; unfortunately, Iranian meals have become very poor in B vitamins.

So

the sugar from white bread, white rice and white sugar do not turn into energy,

and all turns into fatty fat and increases fat, resulting in obesity and fatty

liver.

What

happens to the oxygen that is brought by hemoglobin to the mitochondria of the cell? Because it has failed to produce glucose and produces energy, it converts to free radicals (two negative, negative OH and O₂H₂), which are the most important and most prolific factors in the production of cancer in the human body.

With

these conditions, we find that whitening the wheat to produce white bread and whitening and rinsing rice causes obesity, fatty blood, blood pressure, diabetes and fatty liver, and also oxygen turns into the most important carcinogenic agents due to the lack of vitamin B in free radicals.