

LECTIN QUACKERY

Re: Health Food Industry GURU anti-lectin baloney ...

Anti-Lectin GURUs are quacks.

Anti-Lectin Quackery is a perfect example of health food industry charlatanism.

Any GURU getting hysterical over lectins is a perfect example of a fear mongering snake oil salesman.

The typical GURU uses the old trick of presenting a scientific fact --- complete with scientific references --- then following that with a long list of non sequiturs. Those non sequiturs, of course, are designed to sell books and/or supplements --- and these quacks are doing both quite successfully thanks to the gullibility of the American public.

The truth about lectins is that they are everywhere --- in both plant and animal sources. Ingesting certain lectins is very definitely bad for us; ingesting certain lectins is very definitely beneficial for us; ingesting most lectins does nothing whatsoever. The foods that are highest in potentially harmful lectins are the seeds (including both nuts and grains), and beans. These are food items that should be minimized or avoided in our diets for many other reasons besides their content of lectins.

The GURU claim that avoiding lectins is going to turn our health around in general, and in particular save us from autoimmune disease, is a lot of bunk for many reasons --- the most obvious reason being that Americans eat far fewer lectins today than they did a hundred years ago. Yet, despite the decreasing intake of lectins, obesity, cardiovascular disease, and cancer are at higher incidence today than ever, as are all the other inflam-aging conditions/diseases, including autoimmune diseases.

Additional note: Lectin avoidance was the basis of the old "Eat for Your Blood Type" diet. Certain lectins will very definitely cause an agglutination reaction in blood cells --- and certain blood types are more sensitive to particular lectins than other blood types. Except in rare severe cases, the whole agglutination problem from lectins is clinically not significant. And again, the same foods that cause the lectin-induced agglutination reactions (such as grains, nuts/seeds, beans, and milk) should be minimized or avoided for countless other reasons that make them unhealthy.

The bottom line is that since close to 90% of people in America are at least somewhat insulin resistant --- and since insulin resistance is the leading cause

of morbidity and mortality --- what most people need to focus on is certainly not lectins, but eliminating sugars and excess carbs of all kind.