

Lectins

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Dr Gundry is a cardiologist who is really interested in nutrition and finding ways to help people without surgery or other invasive treatments. He talks about lectins, which are found in many foods that we consume on a daily basis. These include legumes (including beans), grains (wheat, barley, oats), and fruits (i.e. squash, tomatoes). When ingested, lectins can negatively affect your health in several ways. They can bind and interfere with body's absorption of certain nutrients. Some are poisonous (like ricin from castor beans). They can also bind to digestive system walls and are related to "leaky gut." There may also be a role of lectins in auto-immune issues.

When I listened to Dr. Gundry a few years ago, I decided to see if there was any merit to his comments. Being Punjabi (South Asian), I was initially disheartened because our traditional diet has higher levels of lectins. The following are some things I have found helpful:

1. De-seeding and peeling certain fruits. This includes tomatoes, cucumbers and squash.
2. Soaking legumes and certain grains. Legumes include different kinds of beans (lentils). Grains include oats, rice, quinoa, wheat.
3. Pressure cooking beans.

This is not meant to overhaul your diet, and this is not meant to be medical advice. This is merely for you to get curious

about your health, what we put in our body and how this can play a role in our life. Please be open-minded and hear out Dr. Gundry's theory. The details are less important, but big picture is more fruitful. I also do not recommend buying his products, as I have not tried them and thus can not faithfully make any comment on them.

So, the next time you feel sick, think about what you let-in your body. Hopefully not too many lectins!

Links:

1. <https://www.youtube.com/watch?v=jL1BXSlnFCo>