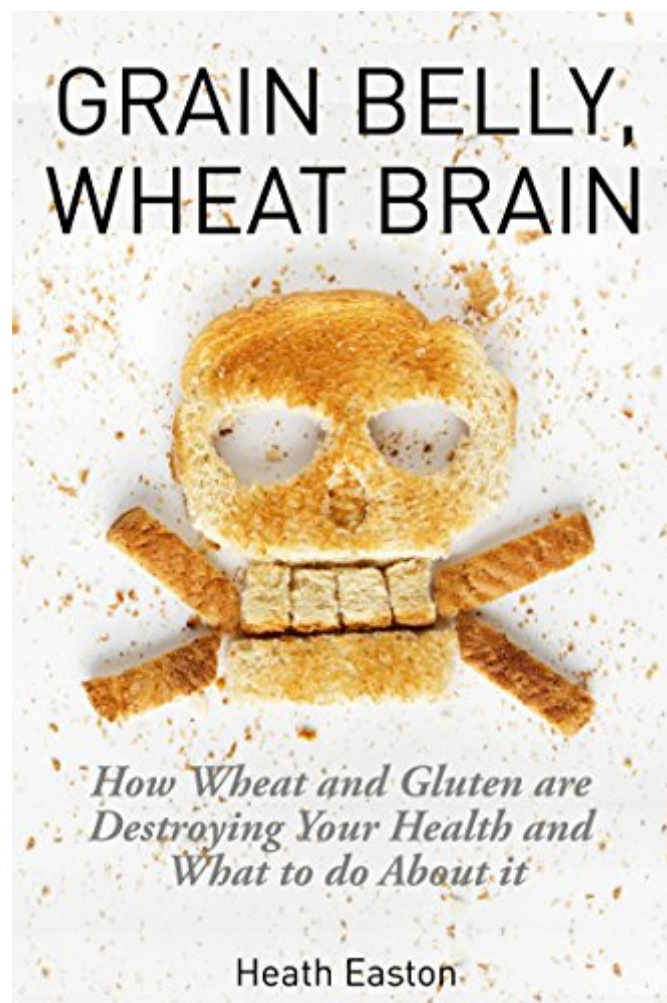




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# Grain Belly, Wheat Brain: How Wheat And Gluten Are Destroying Your Health And What To Do About It



## Synopsis

Grain Belly, Wheat Brain

Despite all our achievements in the developed world, public health is still as big a problem as ever. The obesity epidemic continues unabated and related health issues like diabetes, heart disease and cancer are pushing healthcare systems and national budgets to the breaking point. It's a particularly disturbing problem for the average Joe. Despite an explosion in the popularity of personal fitness, health nutrition and exercise since the sixties, public health trends for the future paint a worrying picture:- Half of American adults are expected to be obese by 2030 - Worldwide, deaths from diabetes are projected to double between 2005 and 2030- Despite our advanced understanding of biology and nutrition and a greater interest in personal health and fitness, the outlook for the health of the average American or European is a bleak one. So what are we missing? Why are things getting worse despite our best efforts? The Answer May Surprise You.

Gluten, and more specifically wheat, represents the most profound and insidious threat to public health in the developed world. Recent findings by doctors and scientists are pointing to the fact that despite the privileged position wheat and gluten products enjoy in our diets, there isn't a single cell in the human body that escapes their negative effects. The consumption of gluten and wheat has been associated with a whole host of conditions affecting every organ in your body, from the obvious connection through to conditions that were thought to have no relation to diet whatsoever until recently. What's most scary for the average family is the way that wheat has undergone drastic biochemical changes over the last 60 years without any form of safety testing. This new age wheat has become part of our daily lives - few foods have reached the level of ubiquity in western diets to rival that of wheat. What Does This Mean for You?

With this information, you can start taking back your health today. It's scary that this dangerous ingredient has become part of our daily lives, but it also makes it incredibly easy to improve our health using only a few changes to our diet. Information is power, and you'll learn that health issues you previously thought had no relation to diet or food at all could be caused or worsened by foods that you're eating on a regular basis. Inside you'll learn- What's inside wheat and what biochemical changes wheat has gone through over the last 50 years. - How wheat and gluten is a major culprit in an array of health conditions (and not just celiacs) and how your health could be being eroded- How to start improving your health today, with an action plan and amazing wheat-free recipes

Get Your Health Back, Feel Better, Lose Weight

So what are you waiting for? Dive into the book now and learn everything you need to now about taking back your health today. Click the [Buy Now](#) button on your screen and start reading instantly.

Free Gifts: The book also comes with two gifts specially made to help you

kick-start your wheat free lifestyle ãœ don't forget to grab them

## Book Information

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## Customer Reviews

Grain Belly, Wheat Brain explains how Wheat and Gluten affect us. Therefore, will help us avoid the food that will destroy our bodies. Obesity is one of the results of too much of these ingredients w/c u can avoid by following a diet that eliminates these two. This book also has mouthwatering recipes that you'll surely love. I especially liked Blueberry Espresso Brownies.

This book is definitely worth a read. Ever since a friend told me that he does not eat bread, I've been interested in alternatives to wheat diets. In fact, I did experiment with wheat-free for a while (but I wish I had this book before I started!) In a simple and concise terms, the author talks about these alternatives. I definitely think that the material presented here could contribute to a healthy lifestyle for more people! Great information well presented.

I have seen a pattern in most books about diets, they all advice you to reduce your intake of

carbohydrates such as rice, bread, pasta or any food containing mostly carbs. I have tried this type of diets it is effective, I lost a 1kg(2.2lb) per week with 3 times a week of jogging., for a total 16kg lost! Knowing the battle is the first step, this book can help what food is preventing you from losing fat.

OK, I'm officially on the no-wheat train. Thanks for the great info. I had no idea wheat was so bad and could lead to such serious side effects. This book has a wonderful explanation that is easy to understand. Also, looking forward to making lots of your recipes. They all sound delicious!

Read this and several other books on the same subject, caused me to totally change my diet. Lost 7lbs in 9 days, never hungry, terrible joint pain in my ankles, knees, elbows, and one wrist all disappeared on day three! Amazing! Focus has returned to my mind. WOW.

This is a goodie. Makes me really regret all the sandwiches I ate as a youngster. I'm enlightened and frightened at the same time. Good actionable info in this book that people need to know. I'm going to send a copy to mum.

Good concise summary of the problems of wheat and other grains in our diet!

This book will almost freak you out! Great motivation to stop eating wheat!

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Fat, Best Diet, autoimmune, celiac, candida) BELLY FAT: 40 EFFECTIVE HABITS to BURN BELLY FAT for A SLIM WAIST (Belly Fat, Fat Burning For Women, Weight Loss, Zero Belly Diet, Flat Belly Diet, Abs Diet, Waist Training Workout) (FIT BODY Book 1) Wheat Belly Recipes: 39 Wheat Belly Recipes Including Diet Plan And Food List To Help Trim Your Waistline-Get Rid Of Unwanted Fat Rapidly And Improve Your ... Free Recipe, Gluten Free Diet Book 6) Wheat Belly Cookbook Bundle: The Best-Of The Essential Kitchen Series Wheat Belly Recipes: Over 100 Delicious Grain-Free Recipes to Help You Lose Weight and Feel Great Gluten Free: Gluten Free Diet for Beginners: Create Your Gluten Free Lifestyle for Vibrant Health, Wellness & Weight Loss (Gluten-Free Diet, Celiac Disease, Wheat Free, Cookbook Book 1) Low Carb Diet: Burn Fat! Discover Delicious Recipes! And Lose Weight FAST! (Gluten Free Diet, Candida, Atkins Diet, Celiac, Fibromyalgia, Diabetes, Cancer, ... Belly, Grain, Brain, Epilepsy, Belly Fat) Happy Brain: 35 Tips to a Happy Brain: How to Boost Your Oxytocin, Dopamine, Endorphins, and Serotonin (Brain Power, Brain Function, Boost Endorphins, Brain Science, Brain Exercise, Train Your Brain) WHEAT BELLY: SLOW COOKER: Cookbook of 25 Grain Free Recipes for Weight Loss (Weight Loss, Low Carb, Grain Free, Healthy) Wheat Belly Slim Guide: The Fast and Easy Reference for Living and Succeeding on the Wheat Belly Lifestyle Soup Diet Cookbook: No Wheat; No Gluten; No Hunger; No More Belly Fat!: 35 Yummy Soups and Smoothies to Lose Weight and Belly Fat Naturally Without Hunger; ... Friendly (How To Cook Healthy in a Hurry) Gluten Free: Vegan Cookbook: Nutritious and Delicious, 100% Vegan + Gluten Free Recipes to Improve Your Health, Lose Weight, and Feel Amazing (Gluten Free Diet Cookbook, Gluten Intolerance Book 3) Wheat Belly Total Health: The Ultimate Grain-Free Health and Weight-Loss Life Plan Wheat Belly: 10-Day Grain Detox: Reprogram Your Body for Rapid Weight Loss and Amazing Health Almond: Coconut: Almond Flour & Coconut Flour - Gluten Free Cookbook for Paleo Diet, Celiac Diet & Wheat Free Diet (paleo baking, paleo beginners, wheat ... baking recipes, gluten free diet cookbook)

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