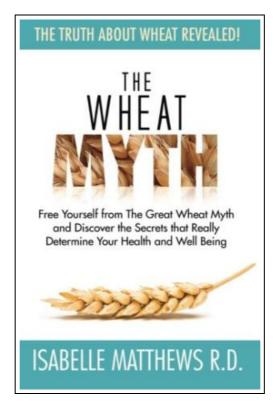
The Wheat Myth: Free Yourself from The Great Wheat Myth and Discover the Secrets That Really Determine Your Health and Well Being (Paperback)



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Reviews

A really wonderful ebook with perfect and lucid answers. It is rally interesting through looking at period of time. Once you begin to read the book, it is extremely difficult to leave it before concluding. (Gustave Moore)

THE WHEAT MYTH: FREE YOURSELF FROM THE GREAT WHEAT MYTH AND DISCOVER THE SECRETS THAT REALLY DETERMINE YOUR HEALTH AND WELL BEING (PAPERBACK)



Createspace, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Millions of people are giving up wheat because best-selling evangelists say wheat causes everything from fat belies to diseases. But do they have science on their side? The Wheat Myth takes a hard look at what s driving a movement that is dramatically changing the way we eat. Any trip through the health and diet section of your local bookstore, or quick search online will leave you with the impression that wheat is the root of all dietary evil. There has been an incredible anti-wheat movement in the last decade, which first started with the elimination of carbohydrates but then shifted to wheat as the culprit for intestinal distress, diabetes, inflammation and a host of other diseases. What has been missing is a solid and truthful look at wheat in our modern diets without gimmicks and false science. The truth is that just because wheat elimination works for one person, or a population of people with sensitivities, it does not mean that wheat is the source of disease for every single individual. If you have been looking for truthful and honest answers about how wheat affects your health, and which modern dietary claims are true and false, the Wheat Myth will help you to decide the best way nourish yourself and your family. Common concerns and misconceptions are addressed, as well as advice on how to incorporate healthy wheat into your diet and how to make the best choices. You do not have to jump on the gluten free bandwagon to be healthy. The Wheat Myth will help you live the healthy lifestyle you desire, without the exclusion of healthy, vital and delicious nutrients. Here is a sneak peak of what you li...

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