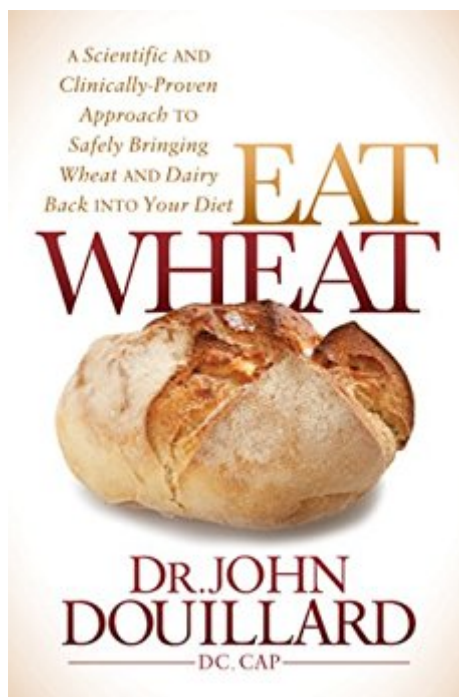


The book was found

Eat Wheat: A Scientific And Clinically-Proven Approach To Safely Bringing Wheat And Dairy Back Into Your Diet



Synopsis

Are you gluten-free or dairy-free? If so, you might not have to be. *Eat Wheat* is a scientific and clinically-proven approach to addressing food intolerances. After 3.4 million years of eating wheat and only 500,000 years of hunting meat, humans are actually genetically better equipped to eat wheat than meat. This book is your guide to safely bringing wheat and dairy back into your diet. Dr. John Douillard, a former NBA nutrition expert and creator of LifeSpa.com, and author of 6 health books, addresses the underlying cause of the gluten-free epidemic. *Eat Wheat* explains how a breakdown in digestion has damaged the intestinal wall and leaked undigested foods and environmental toxins into the body's lymphatic system, causing celiac grain brain symptoms and food allergies. Although eliminating wheat and dairy from your diet may help your symptoms, it is a temporary solution. *Eat Wheat* addresses the root cause: the inability to digest well and break down harmful pollutants and toxins that can lead to more serious health concerns. Backed by more than 600 scientific studies, *Eat Wheat* is a revolutionary guidebook to regaining your digestive strength. *Eat Wheat* will:

- Reveal hidden science on the benefits of wheat and dairy
- Help you navigate around food toxins in modern wheat and dairy
- Retrain your body to digest wheat and dairy again
- Flush congested lymphatics linked to food intolerance symptoms
- Teach you to follow natural digestive circadian cycles
- Help bring your blood sugar back into balance
- Teach you proven exercise and detox techniques to re-boot strong digestion and achieve optimal health and vitality

Book Information

File Size: 1822 KB

Print Length: 325 pages

Publisher: Morgan James Publishing (September 1, 2016)

Publication Date: September 1, 2016

Sold by:Â Digital Services LLC

Language: English

ASIN: B01I9NFIDI

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #5,827 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #1 inÂ Kindle

Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Allergies #3 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Allergies #5 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Wheat Free

Customer Reviews

This is the book I've been looking for! Regardless of your view on origins, everyone knows that man has been eating gluten-containing grains for thousands of years AT LEAST. And widespread sensitivities to wheat and gluten are pretty new -- as in, decades, not centuries. So the idea that wheat sensitivities occur because "the human body can't digest wheat" has always struck me as bad science. But no one assuming the problem is the wheat was asking WHY we can't digest it! Thank you, thank you, thank, Dr. Douillard, for asking the right questions -- and finding answers. Toxic bodies and damaged guts are the primary factors (with several lesser contributors mentioned, as well). I'd suspected this, but Dr. Douillard confirmed, with plenty of research to back up his claims. This is a very well-documented book, with over 600 references! The author walks us through the science of what's really happening (and how we've been misled) in the first section of the book. In the second section, he gets into fixes. Dr. Douillard is an Ayurvedic practitioner, so there are a lot of Ayurvedic principles here. He supplements the ancient understanding, though, with modern science that backs up what the ancients knew. The instructions are detailed and specific, so anyone can follow them without confusion or fumbling to figure things out. And although some of these are radical LIFESTYLE changes for many people, all are gentle for the body. I disagree with Dr. Douillard's assessment of wheat and other gluten-containing grains as traditionally a fall-harvested, winter-only food. (And, oddly, wheat is found on the other seasonal food lists, as well.

[Download to continue reading...](#)

Eat Wheat: A Scientific and Clinically-Proven Approach to Safely Bringing Wheat and Dairy Back Into Your Diet Clinically Oriented Anatomy 6th Edition Testbank: Testbank Questions for the book Clinically Oriented Anatomy 6th Edition Go Dairy Free: The Ultimate Guide To Going Dairy Free-How To Go Dairy Free Without Cutting The Cheese Wheat Free Diet: Lose the belly fat weight loss plan and wheat free recipe cookbook. Ideal diet for wheat, gluten and food allergy sufferers WHEAT BELLY DIET FOR BEGINNERS: Grain-Free, Wheat-Free, Gluten-Free Cookbooks and Recipes For Weight Loss Plans and Solutions Included! (Wheat Free Grain Free Gluten Free Weight Loss Diet Book 1) Wheat Belly Diet: For Beginners A Guide On Weight Loss and Total Health (Wheat Free Cookbook Included, Now With 20 Delicious Recipes) (wheat belly diet weight loss cure) Vegan: High Protein Vegan Cookbook-Vegan Diet-Gluten Free & Dairy Free Recipes

(Slow cooker,crockpot,Cast Iron) (vegan,vegan diet,vegan slowcooker,high ... free,dairy free,low carb) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, diabetes diet, paleo diet, anti inflammatory diet) Ketogenic Diet: 30 Day Ketogenic Rapid Fat Loss Anti Inflammatory Diet Plan (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, ... diet, paleo diet, anti inflammatory diet) Heartburn - Fast Tract Digestion: LPR, Acid Reflux & GERD Diet Cure Without Drugs | Surprising Truth about the Cause of Acid Reflux Explained (Clinically Proven Solution) Vegan: 101 Quick-Fire, Dairy Free and Low Carb Vegan Diet Recipes (Vegan Cookbook of Recipes that are low carb, dairy free, slow cooker, crockpot and cast iron) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) Atkins Diet: 50 Low Carb Recipes for the Atkins Diet Weight Loss Plan (Atkins Diet Books, Atkins Diet Recipes, Weight Loss Cookbook, Weight Loss Diet, Diet Cookbooks, Atkins Diet Cookbook) Ketogenic Diet Mistakes: You Wish You Knew (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, diabetes diet, paleo diet, anti inflammatory diet) South Beach Diet: South Beach Diet Recipe Book: 50 Delicious & Easy South Beach Diet Recipes (south beach diet, south beach diet recipes, south beach diet beginners guide, south beach diet cookbook) Overcoming Headaches and Migraines: Clinically Proven Cure for Chronic Pain Wheat Belly Cookbook: 150 Recipes to Help You Lose the Wheat, Lose the Weight, and Find Your Path Back to Health Adicto al pan: Elimina el trigo, baja de peso y mejora tu salud (Wheat Belly: Lose the Wheat, Lose the Weight, and Find Your Path Back to Health) (Spanish Edition) Wheat Belly Diet: A 14-Day Wheat Belly Diet Plan To Lose Belly Fat In 14 Days (Gluten Free)

[Dmca](#)