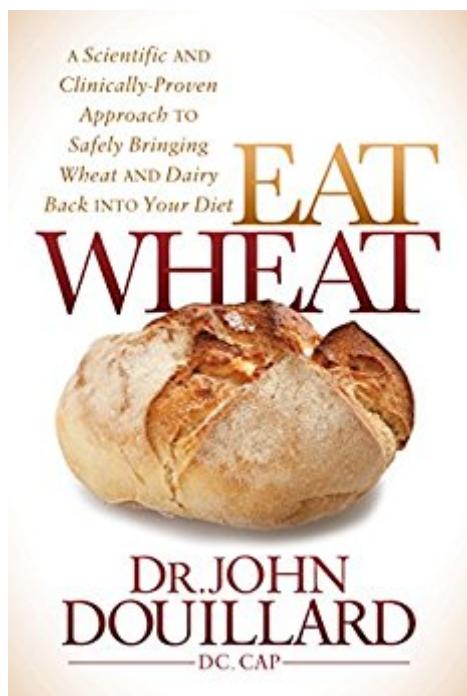


The book was found

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 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: 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 in Kindle

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 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) Wheat and Gluten-Free Bread, Rolls, and Biscuits: 50 Exciting Recipes using Healthful and Inspiring Ingredients WHEAT FREE Healthy Super Shakes and Smoothies: 25 Sugar Free Dairy Free Shakes and Smoothies Recipes (Here's the DEAL - Healthy Weight Loss and Fat Burning Book 3) Castile Soapmaking: The Smart and Simple Guide to Making Lovely Castile Soap from Olive Oil Quickly, Safely, and Reliably Eat Fat and Get Thin, Fit, and Healthier Than Ever Before!: Easy Diet and Delicious Cookbook: Recipes for Dramatic and Sustainable Weight Loss (Includes 21 Day Meal Plan) Sleisenger and Fordtran's Gastrointestinal and Liver Disease Review and Assessment

(Sleisenger and Fordtrans Gastrointestinal and Liver) Bringing Home the Seitan: 100 Protein-Packed, Plant-Based Recipes for Delicious "Wheat-Meat" Tacos, BBQ, Stir-Fry, Wings and More Remote Pilot Test Prep — UAS: Study & Prepare: Pass your test and know what is essential to safely operate an unmanned aircraft – from the most trusted source in aviation training (Test Prep series) Best Plants for New Mexico Gardens and Landscapes: Keyed to Cities and Regions in New Mexico and Adjacent Areas, Revised and Expanded Edition Amino Acids: The Way to Health and Wellness: Find Health and Healing from Depression, Addictions, Obesity, Anxiety, Sexual Issues, and Fill Nutritional Needs of Vegetarian and Vegan Diets Die-cutting and Tooling: A guide to the manufacture and use of cutting, embossing and foiling dies, anvils and cylinders The Complete Book of Essential Oils and Aromatherapy: Over 800 Natural, Nontoxic, and Fragrant Recipes to Create Health, Beauty, and Safe Home and Work Environments Low-Dimensional and Nanostructured Materials and Devices: Properties, Synthesis, Characterization, Modelling and Applications (NanoScience and Technology) Vegan: Vegan Diet for Beginner: Easy 123 Recipes and 4 Weeks Diet Plan (High Protein, Dairy Free, Gluten Free, Low Cholesterol, Vegan Cookbook, Vegan Recipes, Cast Iron, Easy 123 Diet Book 1) Weight Watchers Family Meals: 250 Recipes for Bringing Family, Friends, and Food Together (Weight Watchers Lifestyle) The Scientific Endeavor: A Primer on Scientific Principles and Practice Back Pain: Alleviate Back Pain and Start Healing Today (Simple Exercises, Remedies, and Therapy for Immediate Relief) Heaven: There And Back Top 5 Near Death Experiences Of Going To Heaven And Back (Supernatural, Paranormal, The White Light, Imagine Heaven, Jesus, God, NDE) Atkins: Atkins Diet: The Complete Atkins Diet Guide And Low Carb Recipe Plan For Permanent Weight Loss And Optimum Health (36 Delicious, Quick And Easy, Low Carb Recipes for Every Meal)

[Dmca](#)