



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

Isabelle Matthews

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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'll discover: The Truth About the Paleo Diet: Which Vital Nutrients Are You Missing? The Link Between Wheat and Illness Does Wheat Really Cause Inflammation? Does Wheat Disrupt the Body's pH levels? Is Wheat Really Addictive? What is Genetically Modified Wheat? The Truth About Frankenwheat Organic Wheat: Is It The Better Alternative? Wheat and Herbicides: Is Toxic Wheat Causing Our Health Issues? Myths and Truths about Glyphosate Making the Best Wheat Choices Is There a Wheat Connection To Diabetes and Obesity? How To Eat Healthy For Life And Much Much More

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