

"Everyone, including doctors, should read this book."

—Ralph Green, M.D., author of *Optimal Wellness*

Going Against the Grain

How Reducing and
Avoiding Grains Can
Revitalize Your Health



- Lose weight • Clear up digestive bloating and upset
- Protect against diabetes, heart disease, and other insulin-related health problems

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Going Against the Grain: How Reducing and Avoiding Grains Can Revitalize Your Health



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Diets high in grains can lead to a sponsor of health problems such as obesity, diabetes, cardiovascular disease, fatigue, and more. This publication also contains easy-to-follow grain-free recipes and helpful suggestions for dining out. Going Against the Grain outlines the disadvantages and potential dangers of eating numerous kinds of grains and practical, realistic tips on implementing a plan to lessen or eliminate grains on a daily basis.



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A Life Saver During a three year-span, We gained 35 lbs, experienced heavier and heavier menstrual periods, and sensed foggier and foggier and a growing number of tired.No more bloating, flatulence, mental fogginess, extreme fatigue, continual fat gain. All this period I was eating rather a lot of grain products. Before this period, I went grain-free, for approximately three years as well, but resumed grain intake after getting convinced by many vegan diet "gurus" that wholegrains, not refined ones, were fine, and healthy. She nearly died because the villi in her intestines had been virtually gone and she was no longer absorbing nutrients. that nothing at all would remove.I knew grain-free diet plan made you loose pounds, but told it had been "the unhealthy way", and plus, under no circumstances knew about the fact that the toxins found even entirely grains and coffee beans could lead many to thyroid immune disease. This book made me make the connection, and just in time. It's unfortunate that grain is indeed prevalent in so many of our favorite foods--it can make it a difficult factor to avoid, unfortunately. It had been not worth hanging to it. This is why she put in this book a series of tests that assist you to determine if you are OK - or not - taking in either wheat, carbs or grains.Some of us are allergic to peanuts;. some to eggs - but it's nice, really great when someone points out a type of allergy that is usually so often concealed from you: allergy to grains. It can trigger your body to carefully turn against itself. Nothing stands out for me personally. It promoted foods, that have been not that beneficial/ I gave the reserve away. My ovaries created cysts and there's a nodule in my thyroid. After a longer period of period, I'll get items tested to see when there is improvement in those areas as well (cholesterol, etc.5 lbs down and my times are a lot more normal.I am very thankful for Melissa Smith showing me the connection. Everyone should read this book! But in terms of digestion, I certainly have got my answer: Life is way better, I feel GREAT without gluten in my own diet. Often, I tried to move vegan, and each time, I needed (roughly I believed) grains and starches to hold me together, because otherwise, the weakness and the cravings would be unbearable. She weighed 80 lbs. Read this book! Her major symptoms kicked in as a grown-up, and for 8 years doctors informed her all her symptoms were "self-induced, in her head. Going against the Grain Book great book. I didn't have to lose weight but was seeking to get off the diet roller coaster filled up with cravings and binges. Within three months she was back to her normal weight of 120.Fast forward to me very recently: I thought my whole life that I did so not inherit celiac from my mother as I was by no means underweight, and at a later point We put on an extra 20 lbs.It's been in regards to a week since I am off again of grains now, and my head no longer offers that fog it was immersed in, and I am feeling much more alive, and so happy about any of it. I experienced continual digestive problems. Migraines. I hardly understand the several vehemently negative reviews. I'm hoping this trend continues until my surplus 20 lbs. The list continues on. We have to be extremely cautious what goes in our mouth nowadays and specifically what we are feeding our children...nothing hugely debilitating, however the quality of my life was definitely affected and I went through intervals thinking there is NOTHING I could eat that wouldn't upset me. It was during this time period that I restarted to consume grains. There are other books that have become valuable in regards to books on Grains...5 lbs from decreased bloating, and going back 5 or 6 months I've been struggling to lose some thing despite careful, limited eating and heavy training. The book also discusses gluten that again, I believe is killing people slowly. Milk products also appeared to bother me. After really binging on a lot of wheat structured things over two times, I had a very frightening allergic reaction one evening, therefore i was forced to examine this likelihood and I began to analysis. My searching led to this book, as well as another very great one called "Harmful

Grains." This reserve (and the additional one) really turned on the light for me personally. Five Stars excellent choice ! These details must be taken significantly. Within 3 times I felt just like a different person and nothing was upsetting me. The addictive nature of gluten/grains leads to such overeating of these things that it's easy to see why a lot of people are overweight right now. I actually had some kind of withdrawal headaches for several times, but those are now gone. I am right now 3.). I found this publication in a roundabout way: My mother was identified as having severe celiac disease 40 years ago. High blood circulation pressure which did not really respond to medicine, high cholesterol, asthmatic type symptoms even though two independent bouts of intensive asthma testing said I did not need asthma... some to dairy;all I could express is that those reviewers obviously haven't had the issues to cope with and unfortunately, many people are incredibly resistant to the thought of eliminating grains from their diet.The historical overview of grain consumption in human history, and the many studies which support the bad effects it obviously is wearing humans if they incorporate it to their diets are all pretty compelling. I possibly could not afford to wait any longer. But the information in this book is well worth knowing because for a few asymptomatic people, the first clue to the actual fact that they have problems with this gluten sensitivity is definitely when they are diagnosed with some kind of cancer (specifically intestinal type cancers, but others as well)--as both books described, the cancer price in celiacs is definitely astronomical compared with the overall population. Sadly. After just one day on a gluten free diet I went down 1.and I was a carb addict who loved donuts, cake, cookies etc. Lots of bronchial factors going on, chronic cough. Five Stars No complaint Basic Stuff We Already Knew I have a sensitivity to all or any grains, & most carbs. Certainly avoiding grains should keep our carbohydrate intake down which should reduce our Type 2 Diabetes epidemic. My asthma symptoms vanished and the chronic cough disappeared. Within a day time I felt better. One of the best I've read! I actually am really enjoying this publication! It really is well written and will be offering very useful info. I think anyone interested in their health should examine it. My cravings possess lessened tremendously and I feel so much more pleased. I am not thinking about food at all times and I just feel better. She continued a gluten free diet plan and sensed better within 14 days. It'll open your eye to the food we consume." Thankfully she met a single doctor who was familiar with the consequences of celiac disease. If one is having difficulty with any area of the digestive system, this might help. Especially in the belly. I got plenty of grain every single day.. at that time she was finally diagnosed, and unbelievably sick. Thank you Melissa Diane Smith! Informative "Going Against The Grain" is an interesting reserve. The thesis is normally that grains are leading to many of the diseases of civilization and that human beings - especially children should be eating far fewer than our current practice. I really do think this is actually the key to numerous people's inability to lose weight. Ms. Smith makes a good case for staying away from grains altogether. But anyone who has any kind of digestive difficulties should try an avoidance diet.Furthermore, the author supply the reader the names of the checks we have to ask our doctors for. America eats way too much breads and pasta and I really believe that's the reason we are so unwanted fat.Although the book has few recipes, the ones it has sound great, and I cannot wait to try them. Grain or never to be I was not impressed with Going Against the Grain.! Period.The author Will point to the fact that not every one will probably have an auto-immune disease because of eating grains - some people do just fine.. The very best was Deadly Grains. Two Stars nothing at all good to comment more than OPINIONS Four Stars Like they loved it got it as a gift , they loved it Five Stars The service was great, very happy with the book Going Against the Grain. So I tested the

idea by eliminating gluten products completely.! It had a whole lot of mistake in it. is usually finally gone. Furthermore, most of the weight problems in this country may be related to gluten usage. I browse this, but don't keep in mind anything about it; probably because, I've read therefore much upon this topic through the years. No you will not end up at the er the first time you take in a bowl or pasta - but it will slowly, through the years, undermine and eliminate your health and consequently your happiness. Five Stars Great experience!



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