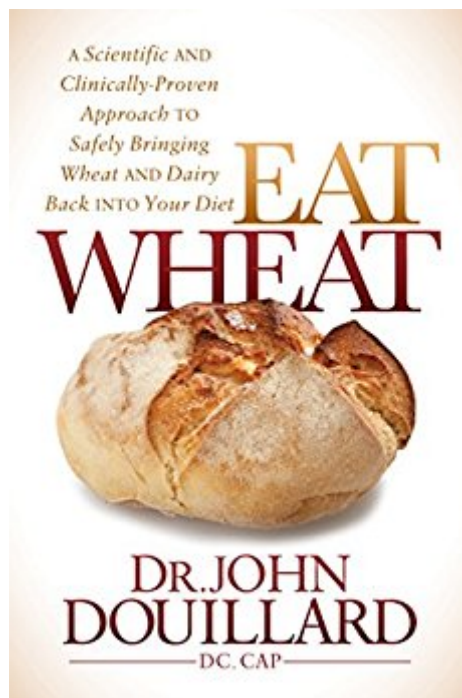


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# Eat Wheat: A Scientific And Clinically-Proven Approach To Safely Bringing Wheat And Dairy Back Into Your Diet



## 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 disease 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

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## 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.

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