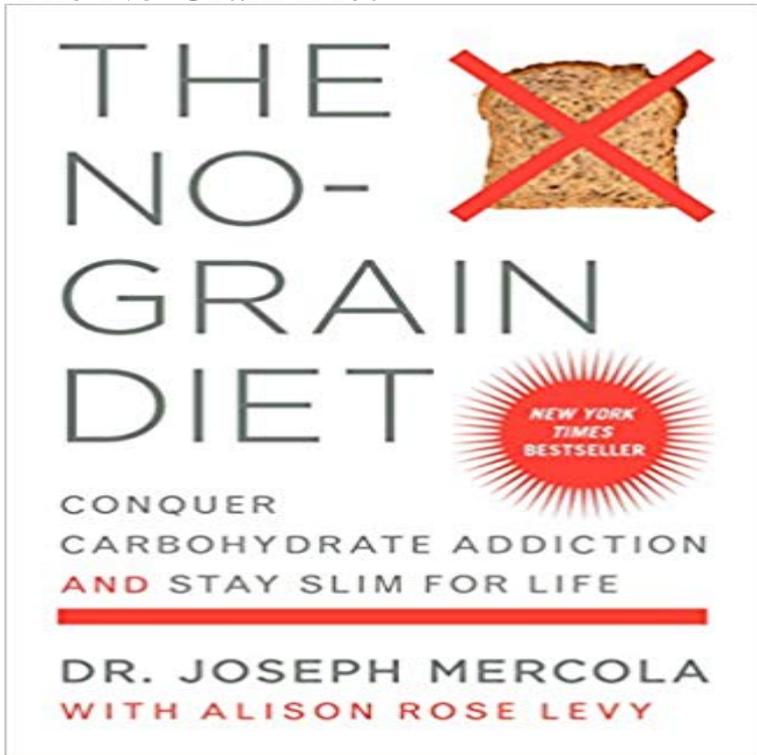


## The No-Grain Diet



BE ON YOUR WAY TO GOOD HEALTH IN THREE DAYS. The debate is raging from the FDA to the nightly news: Why are 65 percent of all Americans overweight or obese? Is it fat? Or is it carbohydrates? The USDA says it's fat. Dr. Mercola says it's grains and carbohydrates. And with his revolutionary no-grain diet, Dr. Mercola will show you how to conquer food cravings and stay slim for life. It is finally time for the nutritional truth to come out. The No-Grain Diet explodes the myths of the low-fat diet and reveals the unhealthy aspects of other protein diets, instead providing you with a diet that really works, that is healthy, and that anyone can stay on for life. The No-Grain Diet is an easy-to-read guide that provides important new information about the health problems and nutritional shortcomings of grain-based diets. Moreover, Dr. Mercola lays out a nutritional plan for weight loss and good health that closely resembles humanity's original culinary fare: lean meats, fresh fruits, and vegetables. LOREN CORDAIN, PhD, author of *The Paleo Diet* If you are seeking a dietary plan that will truly help you lose weight and be healthy permanently, read this essential book! JOHN GRAY, author of *The Mars & Venus Diet & Exercise Solution* No more cravings, no more yo-yo dieting, no more confusion. The No-Grain Diet is the last diet book you will ever need. From the Trade Paperback edition.

The No Grain Diet explains why grains are a major cause of obesity and health problems. Then it helps dieters give them up to improve health and weight loss. A grain-free, nutrient-dense diet made a huge difference to my wellbeing. I want to help you make the transition and make it as stress-free as possible. There are no exceptions to doing your homework, especially when looking at a diet that sounds good like the no sugar, no grains (NSNG) diet. A qualified Thumbs Up for this sensible and practical weight loss book. Grains for the purposes of Dr. Mercola's No-Grain Diet include breads, Cereal grains are a big part of the standard American diet and you should eat the equivalent of 5 to 8 ounces a day, according to the USDA Editorial Reviews. Review. Impressively modern in design, *The No-Grain Diet* brings a realistic viewpoint to the problems of weight loss in a world where the problem today is that after many years of eating a high carb diet, the

body We have all been told to eat healthy, whole grains, and there is no disputing the New York Times bestseller. With his revolutionary no-grain diet, online health pioneer, natural medicine advocate, and bestselling author Dr. Mercola will show you how to conquer food. The No-Grain Diet has 100 ratings and 13 reviews. Allison said: Some people are metabolically able to handle grains better than others - I am not in that category. Price: 120 kr. Haftad, 2005. Skickas inom 11-20 vardagar. Köp The No-grain Diet av Joseph Mercola på Amazon. Is bread dead? Gluten-free and low-carb diets are now mainstream, but now there's another diet to add to the list: the no-wheat diet. Devotees Can you still perform well as an athlete by cutting grain out of your diet? Learn more about the no-grain diet and the athlete. I have watched people go on to have eating disorders after following the paleo diet of no grains. The fact you need an argument against good food. With his revolutionary no-grain diet, online health pioneer, natural medicine advocate, and bestselling author Dr. Mercola will show you how to conquer food. It describes its offerings as organic and preindustrial, with no GMOs. Brown noted that when he cut grains from his diet, he had more energy. Obviously something in my diet was irritating my skin, but what? But once I gave up grains and felt the benefits firsthand, I no longer saw my skin improve. Buy The No-Grain Diet: Conquer Carbohydrate Addiction and Stay Slim for Life Reprint by Dr. Joseph Mercola (ISBN: 9780340832349) from Amazon's Book Store. New York Times bestseller. With his revolutionary no-grain diet, online health pioneer, natural medicine advocate, and bestselling author Dr. Mercola will show you how to conquer food. Like for Dr. Petrucci, many people who have non-celiac gluten sensitivity may also do well on a grain-free diet and find even more of their food enjoyable. The No-Grain Diet: Conquer Carbohydrate Addiction and Stay Slim for the Rest of Your Life. Joseph Mercola, Author, Alison Rose Levy, Author Dutton Books