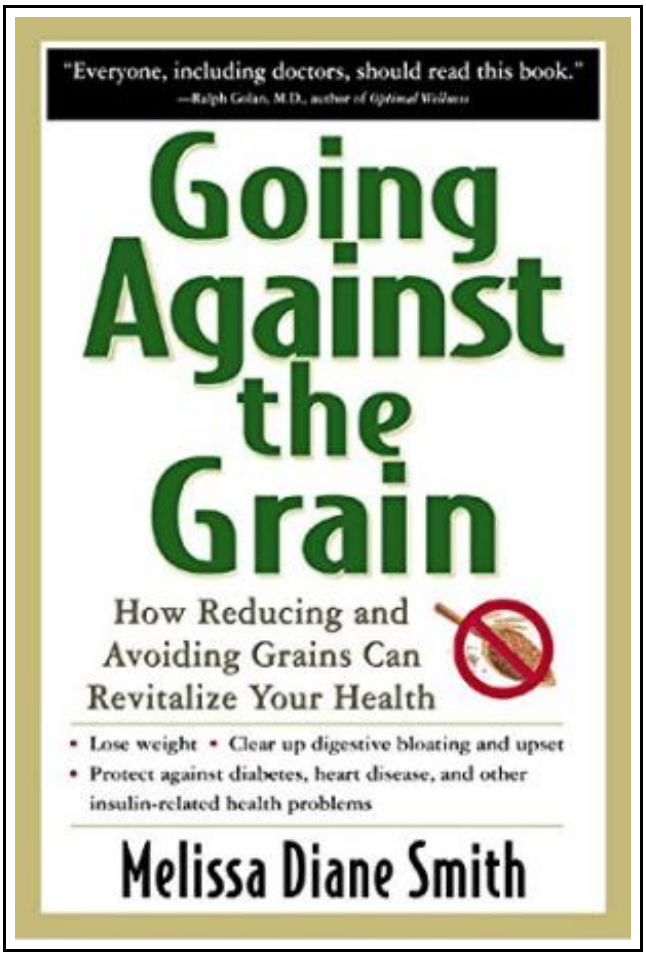
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GOING AGAINST THE GRAIN: HOW REDUCING AND AVOIDING GRAINS CAN REVITALIZE YOUR HEALTH

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NTC Publishing Group,U.S. Paperback. Book Condition: new. BRAND NEW, Going Against the Grain: How Reducing and Avoiding Grains Can Revitalize Your Health, Melissa Diane Smith, Praise for "Going Against the Grain": 'Melissa Diane Smith has courageously and accurately tackled what has emerged as America's primary food-related health problem: disease and obesity attributable to the regular consumption of high-calorie, nutrient-poor, immune-disruptive grains' - Kenneth D. Fine, M.D., gluten sensitivity researcher and director of The Intestinal Health Institute, Dallas. 'An intriguing book loaded with practical nutrition advice that you won't want to stop reading' - Annemaria Ballin, Ph.D., founder and director of education, American Academy of Nutrition.In a society where wheat is a daily staple and the heart of the continent is endearingly called 'the bread basket,' it seems almost sacrilegious to promote the benefits of a low- to no-grain diet. But in "Going Against the Grain", nutritionist Melissa Diane Smith challenges conventional dietary wisdom - that grains should be the centerpiece of your diet - and explains why reducing or removing grains is the secret to successful long-term weight control and good health. Backed up by scientific research, professional experience, and her own health journey, Smith explains the surprising connection between a grain-rich diet and so many of the health problems plaguing us today, including obesity, heart disease, diabetes, some cancers, fatigue, and digestive disorders.In these pages, nutrition expert Smith reveals: why 'health' foods aren't always healthy; how to find tasty snack substitutes in a no-grain diet; how eating 'lite' can actually lead to weight gain; and how cutting back on grains can lower your risk for disease. Smith provides original menu plans and eating-out suggestions, so, with minimum effort and hassle, you too can go against the grain!.

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