

Gluten-Free. Grain-Free. Just fads? (part 1)



Does your family have a history of autoimmune disease? Do you eat whole grains because you believe they are healthy? **Are you struggling to lose excess body fat?**

If you answered 'yes' to any of these questions, please read [Wheat Belly Total Health](#) by William Davis, MD.

Here are 7 takeaways from Dr. Davis' book on why we *all* need to reconsider the role of grains in our diet.

1 **All** grains raise blood sugar levels.

2 slices of whole wheat bread	raises blood sugar MORE than	6 teaspoons of table sugar
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2 Grain consumption destroys gut health.

3 There is a **direct** link between grains and autoimmune diseases.

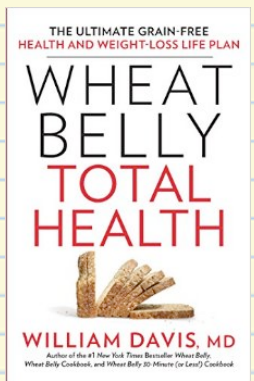
4 Grains make us **fat!**

5 Lectin proteins of grains are **toxic.**

6 Grains have **negative** effects on Your Brain!

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I highly recommend this book to everyone. Seriously. Dr. Davis provides a well-documented explanation of why eating grains may have a negative effect on **everyone**, not just those with digestive complaints.



7 "Healthy whole grains" should be called "heart-disease-causing" grains.

[Read the first chapter here.](#)

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[Click here](#) to read my review of *Wheat Belly Total Health*, part 1.