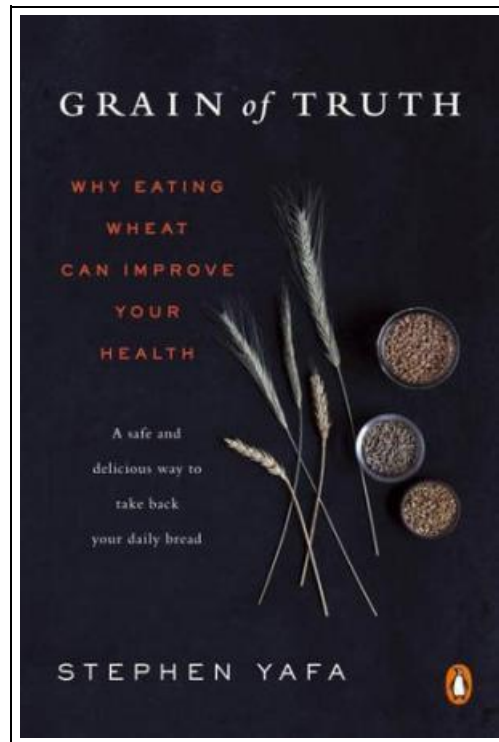


## Grain of Truth: Why Eating Wheat Can Improve Your Health



Filesize: 9.02 MB

### **Reviews**

*Complete guideline! Its such a excellent read. This really is for all who statte there had not been a worth studying. It is extremely difficult to leave it before concluding, once you begin to read the book.*

**(Timothy Lynch)**

## GRAIN OF TRUTH: WHY EATING WHEAT CAN IMPROVE YOUR HEALTH

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Penguin Putnam Inc, United States, 2016. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book. A Pollan-esque look at the truth about wheat, with surprising insights on the advantages of eating the world's most contested grain. You owe it to your mind and body to step away from the gluten-free frenzy long enough to do what's best for your own personal health. Once you separate fad from fact you'll quickly discover the answer: whole grains, including wheat. Most recently, a Harvard School of Public Health long-term study that followed 117,500 men and women over a 25-year span revealed that people who eat a whole grain-rich diet lower their risk of cardiovascular disease by 20 percent, and increase their lifespan at least 6 percent. No other food produces similar results. As for the gluten found in wheat, rye and barley at most six out of a hundred of us have any real problem with it, and less than one percent of us, with celiac disease, cannot tolerate it in any form. So why has wheat become the new asbestos? Why are the shelves of every grocery store and supermarket in America heaped high with gluten-free products? That's what Stephen Yafa sets out to discover in *Grain of Truth* a book drawn in part from personal experience that is as entertaining as it is informative. After hundreds of interviews with food scientists, gluten-sensitive individuals, bakers, nutritionists, gastroenterologists and others, he finds that indeed there is indeed a culprit. But it's not wheat. It's not gluten. It's the way that grain is milled and processed by large industrial manufacturers and bakeries. That discovery spurs him to search out growers, millers and bakers who deliver whole wheat to us the way...



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