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## Going Against the Grain: How Reducing and Avoiding Grains Can Revitalize Your Health

By Melissa Diane Smith

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...



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