



Wheat Belly: Is Modern Wheat Causing Modern Ills?(Live Healthy Now)

Beth Geisler

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Wheat has become a ubiquitous ingredient in many of the foods we eat. Popular theories claim that modern wheat may be the primary dietary factor responsible for digestive chaos, weight gain, lethargy, skin problems, and even chronic disease. This compact health guide offers food for thought about the gluten-free phenomenon that's sweeping the country.

In clear, direct language, it explores the chemical and nutritive properties of wheat, theories related to the rise in wheat allergies and gluten sensitivities, and health conditions associated with wheat consumption. Readers will be able to review the conflicting information on wheat consumption and determine whether wheat might be associated with their health issues. Insights are also provided on how to safely eliminate wheat-based food from your diet without compromising on nutrition.

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