



Grain of Truth: Why Eating Wheat Can Improve Your Health (Paperback)

By Stephen Yafa

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...



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