

GOING AGAINST THE GRAIN PB 1

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 a grain-rich diet and so many of the health problems plaguing us today, including obesity, heart disease, diabetes, some cancers, fatigue, and digestive disorders. In these pages, nutrition expert Smith reveals:

- Why "health" foods aren't always healthy
- How to find tasty snack substitutes in a no-grain diet
- How eating "lite" can actually lead to weight gain
- How cutting back on grains can lower your risk for disease

Smith provides original menu plans and eating-out suggestions, so, with minimum effort and hassle, you too can go against the grain!

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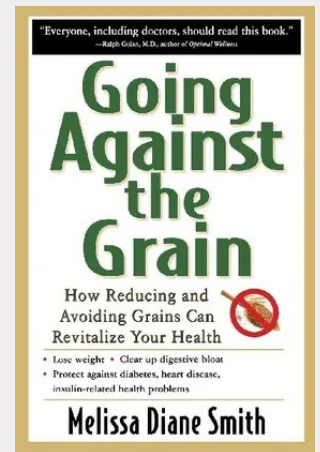
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