



Wheat Belly: Lose the Wheat, Lose the Weight, and Find Your Path Back to Health

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Brot, Gebäck, Pizza, Pasta – Weizen ist in unserer Nahrung allgegenwärtig. Doch kaum jemand weiß, was für ein gesundheitsschädigender Dickmacher das goldgelbe Korn ist. Denn in der zweiten Hälfte des 20. Jahrhunderts wurde das Getreide genetisch so verändert, dass es mit dem »Urweizen« nicht mehr viel gemein hat. Der »neue Weizen« macht dick, fördert Diabetes sowie den Alterungsprozess, schädigt Herz und Hirn und ist schlecht für die Haut. Dr. med. William Davis zeigt glutenfreie Ernährungsalternativen auf, und wie man gesund und schlank ohne Weizen leben kann.

Wheat Belly: Lose the Wheat, Lose the Weight, and Find Your Path Back to Health Details

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From Reader Review Wheat Belly: Lose the Wheat, Lose the Weight, and Find Your Path Back to Health for online ebook

Erica says

Fast, fascinating read, and if even half of what he says is right, wow.

I'm inclined to think most of what he says is right because so much of it I directly experienced just a few months before I read it. Perhaps I have a mild wheat allergy that makes my case a good example for him--at least one of my aunts has a life-threatening wheat allergy, so it's not far-fetched.

I started cutting back wheat a few months ago on the advice of another book, and had all the withdrawal symptoms Davis talks about for about a week and a half. I was crazed for carbs, could never feel full, had no energy. Then it subsided and I love all of the effects of this new way of life--I'm not hungry in the middle of the day, I don't graze because I just don't need to, I never feel hugely bloatedly full like after a heavy pasta meal. I love most wheat products, so especially through the holidays I had to cheat a bit. But on the whole otherwise this diet is easy (once you get over the hard part) and honestly, the pounds have fallen off and I feel so much better than I did a year ago. There are other effects too: he talks about a lifting of a "mind fog" that squares with my experience, and I honestly don't feel as down this winter as every other winter I've lived in the Midwest (maybe it's not really the winter?). It encourages me/us to cook a bit differently than we did, but there's also so many wheat products that I just won't ever miss again: those crappy hot dog rolls at the supermarket, poor bread for toast and sandwiches served all over (good bread for some things will continue to be hard!), etc. I've gotten to a place where I'm completely wheat free at home and can almost always order something wheat-free when out to eat. I've had a policy of eating what friends and family kindly serve me since I was a teenager, one that I'm not going to break now--but overall I'm liking this new way of eating and feeling, and loving the ability to fit into jeans from years ago. After reading a few books now, I'm utterly sold on the low-carb way of eating, and now believe in the bankruptcy of circa-80s "low-fat" diets. I kind of feel about this book the way I felt about the ONE migraine book that's worth its salt out there (Buchholz's Heal Your Headache: The 1-2-3 Program)--that I need to shout this message from the rooftops, or at least share my copy with anyone who seems interested. I feel that much better. (Unfortunately, I have Wheat Belly on my Kindle, so I can't just pass it around!)

Tiana Warner says

Call it "The Carnivorous Squirrel Diet." I liked the book up until the last chapter. He outlines (perhaps in too much detail) reasonable, scientific evidence to support why a diet free from genetically modified wheat is better for you in every way. While he states that you should cut wheat altogether, **I'm going to argue and say that if you eat wheat that has not been genetically modified, you will not suffer these consequences**, since the genetic modification is what causes the problems. But I digress. When he got to the end, though, he suddenly listed all the other foods you shouldn't eat for similar reasons. He lists every food imaginable except for vegetables, berries, nuts, seeds, cheese, and meat. He gives you an impossible diet that would leave anyone miserable, especially if you don't like to eat meat. What about quinoa? Yams? Wild rice? Rye? Stone-ground, unsalted corn chips? Lentils or other legumes? No, no, and no. He states that you can eat unlimited nuts and cheese, which I believe is flat-out wrong. Nuts and cheese have been shown to be healthy, sure, but only in moderation. The whole diet he proposes at the end is absurd. Yes he makes a good argument against GMO wheat, but that's as far as it goes for me.

Laurel says

Before reading a book like this I like to check over some of the critical reviews, just for kicks. I'd already purchased it, so after reading the reviews, I was regretting that I bought it. Then I read it. I liked it. A lot.

You may have heard that if you want to know if a book is true, you should put it to the test. I would challenge the critics to do that. I have never gone without whole wheat, and I'm going to put it to the test because I find his information to be credible. I'd like to be inflammation free and not have any joint pain, so I'm on day two without wheat. Wish me luck!

It's January 8th and I'm happy to report that not eating wheat has allowed me to go off glucosamine. I no longer have joint pain in my knees. Also, I don't wake up feeling depressed in the morning and my mood has improved overall. I would have to say that my improved mood has been the biggest surprise, and one that I know for certain is from wheat. I reintroduced wheat after two weeks and could see that the wheat caused the swing in my mood. It was a remarkable swing, one that made me say, "Wheat is not worth it."

Trish says

I came across this book on someone's Currently-Reading list, of which they said something like, "Thought I should know something about this phenomenon everyone is reporting, wheat belly." Oh, all right, I thought halfheartedly, "Me, too." I mean, maybe the fat epidemic is mostly caused by wheat. Why not? It doesn't seem to have been fat, cholesterol, carbohydrates, protein, or any other thing the medical field has targeted for elimination in the past fifty years. Maybe it is whole grains. I should check it out.

I am deeply suspicious of any diet that suggests eliminating an entire food group from a person's diet. Somehow it seems like a radical fix. Our entire eating regime is centered around whole grains, and Davis, M.D. is suggesting it is probably all wrong. Since most Americans have serious weight issues which the generation before us did not have to the same degree, who's to say he isn't right? Certainly fewer whole grains wouldn't hurt, is my reasoning.

Davis' amazing status reports on his clients sound like Donald Trump on crack: "*Incredible*," Davis crows, "My client lost 64 lbs in 6 months!" Wow, I think, that almost sounds dangerous. Must be because that major food group was supporting every other thing he knew how to cook. Poor guy. But it's true. Imagine eliminating wheat from breakfast alone, and then go through snack, mains, desserts. What's left? Carrots and celery? Gee, that sounds familiar...

My suspicions about wheat being problematic run back, oh, several hundred millennia. How could it be that something so central to everyone's diet around the world is suddenly a problem? Davis suggests, with no data, that it could be genetically-modified wheat. He is trying to keep this book for the non-scientist, I understand, but if his diet works, we're going to be looking pretty closely at modified wheat to see what's different.

Davis cites the rise of increased instances of celiac disease, IBS, diabetes, and suggests wheat and its gluten has something to do with it. “Wheat elimination is not just about eliminating gluten. Eliminating wheat means eliminating amylopectin A of wheat, the form of complex carbohydrate that actually increases blood sugar higher than table sugar or candy bars.” No wonder a loaf of fresh French bread can induce a wave of well-being, and a slight follow-on mania.

A wave of exhaustion comes over me. I realize this is a big thing—eliminating gluten and wheat from one’s diet. I have seen plenty of menus by now which concentrate harder on providing gluten-free than they do vegan offerings. Vegans are not, however, known for slim profiles unless they simply *eat nothing*, which is also a possibility. When one is young, drinking one’s meals is a common phenomenon. Craving protein is common in this group.

In an effort to determine what folks eat who don’t eat wheat, I flipped to the end of the book where Davis has curated a few recipes. He’d mentioned in a couple of places a non-wheat “flaxseed wrap,” and I was curious. Davis’ wrap is made with a large egg, tiny amounts of paprika, onion powder, baking powder and salt, along with 3Tbsp ground flaxseed w/ 1 Tbsp water, and here’s the kicker: 1 Tbsp melted coconut oil. I tried it. It tasted overwhelmingly of coconut oil, which is a little like crack to ordinary folks living in America’s northeast in winter. Wilted kale, mushrooms, onions, and yellow squash in fig balsamic placed in the wrap was delicious, yes. It would work. He suggested it for breakfast. I’m not so sure about that. Lunch, maybe.

But what I discovered in Davis’ other menu items is that he’d also *cut out sugar*. He used sugar substitutes. I thought the latest word was that sugar substitutes were going to kill us. Well, anyway, here’s the culprit, I thought. No wonder these folks lost weight. I am probably more likely to blame weight gain on sugar than anything, but in the end it is probably processed foods, which contain both wheat and sugar. Whatever, we are eating ourselves into early graves. So, stop eating. Go running—or whatever it is that raises your heart rate and floods you with endorphins. And just remember, getting it all isn’t really getting it all. Be happy. Don’t worry.

Too much of anything is still too much. That’s the lesson here. We have an embarrassment of riches. Besides the folks with legitimate allergies and illnesses, we could all probably do with less. Strange, isn’t it? We struggle to get enough and then we discover satiety is probably going to kill us, just like lack of satiety. What a dilemma.

Yasmine Alfouzan says

Atkins diet in disguise. Listen, folks, according to this book: you’re not **ONLY** supposed to cut out wheat, nope. You are supposed to cut out all gluten, all gluten-free products (with rice, oat, and all grains basically), most fruits, and anything with carbohydrates (potatoes, corn, beans). Of course you will lose weight, how much meat and fat can you eat in a day?

ASSUMING it’s true (it’s not, because it’s anecdotal and some pseudo science) I will never ever attempt this diet and limit what I love. I rather die prematurely than stop eating fruits and grains just because some author decided it would be cool to go low-carb.

Guess what? No one lives forever. And our ancestors probably died in their 30s and they ate all natural and non-GMO products. So there. :)

That is how it is with people, they like to blame food groups on their health problems. Give me a person with absolutely no health problems and I can assure you it is not because of their diet ONLY. Everyone is different, our bodies are different, so having everyone follow the same diet is UTTER. STUPIDITY.

Stay away from any diet that cuts out a major food group or type. It's most likely because the author is biased and personally hates the taste of that food.

Those bagels on the cover do look delicious though.

Benjamin Sobieck says

As the husband of a diagnosed celiac (not the trendy self-diagnosed kind, the objective and measurable autoimmune reaction to gluten protein kind), I gave this hot book a real chance. After all, we're living in a virtually wheat-free home already (I still eat wheat bread). Bottom line: It takes a decent idea (reducing wheat consumption) and blows it way out of proportion.

To me, there are five main weaknesses to the author's argument:

- 1) The author's anecdotal evidence. When the patients eliminated wheat from their diets, they lost weight. The author may be a doctor, but even he must know this isn't good enough. Clinical studies of the weight-wheat relationship are needed. Unfortunately...
- 2) The clinical studies he cites deal with celiacs, and he uses them to build a case for non-celiacs. This does nothing to support his case. If you're not a celiac, your body is going to react to wheat differently. This cognitive dissonance is glazed over, as is...
- 3) The author's incredible hubris when making outlandish statements. In one passage, the author writes, "Eating a three-egg omelet that triggers no increase in glucose does not add to body fat." Seriously? The author also states fiber content in wheat products doesn't affect blood sugar. That doesn't add up. Foods high in fiber digest slowly, which prevents blood sugar from spiking. True, a big load of carbs will spike blood sugar, but fiber can spread that spike into a plateau. To disregard that seems unusual and suspect to this reader. But that's not nearly as bad as...
- 4) The claim that eliminating wheat is a catch-all cure. Name the ailment, the author will trace the source back to wheat. Eliminating wheat will solve all your problems. Without the M.D. after the author's name, this book would've been viewed as the snake oil that it is - albeit trendy snake oil. If you accept fad diets as sound science, I guess there's no convincing you. If none of these four points persuade you, the fact remains that...
- 5) This is all just one person's theory. For as damning as some of the passages are, he does make some decent points. Modern wheat hybrids designed for yields and commercial consistency, for example, might have sacrificed consumer health along the way. Diets high in wheat also tend to be high in processed foods, which are generally the worst of the food options out there. Great. But causation and correlation are two different things.

Without further study and clinical evidence, this book remains a shaky idea promoted by someone building on refugees from the Aitkins diet craze. Like that wave, this one will pass, too, only to be replaced by something else. If eliminating wheat works for someone, great. But I suspect the majority of this book's readers will eventually move on to the next "poison" in the cupboard. Corn? Rice? Soy? Oats? It's not a question of if, but when.

But I will give this book and the accompanying wheat-noia credit: It gave my celiac wife some better options at the grocery store!

Lauren says

I have long suspected that wheat did not like me as much as I liked it - so, I decided to kick it to the curb for an experiment. This book was the first one I found in my search to back up my assertions, and I learned a lot from it.

Davis is a cardiologist, and the book is filled with stories of patients who gave up wheat under his guidance and have seen complete 180s in their health: people who couldn't walk because of severe arthritis, others who were extremely obese and depressed, and those who had unexplained aches, allergies, and ailments. The book is not just for celiacs or gluten intolerant individuals - he states clearly that everyone can benefit from getting rid of this grain, which is not what it used to be even a hundred years ago.

In several pointed chapters, Davis lays it out about wheat's effect on the brain, the body's pH balance, the skin and aging, and links to obesity and a number of other chronic ailments, chief among them diabetes and arthritis. Some of the most convincing and telling arguments he makes for getting rid of wheat are the blood sugar tests: how two slices of whole grain bread can spike blood sugars more than regular old sugar.

My one criticism of the book is how Davis shows harmful correlations (most notably that of meat consumption in the body in terms of pH balance) yet, advocates meat and dairy as "EAT IN ALL QUANTITIES" in his food plan. Why spend a whole chapter talking about pH balance in the body, and *THEN* advocate meat consumption? You just said that meat was acidic, and our bodies want neutral/slightly alkaline - just eating MORE leafy greens isn't enough to cancel out the acid of meat consumption. I found that information inconsistent with everything else he was trying to prove. I eat a strict plant-based diet so I have strong ethical feelings about this, but that aside, he doesn't make a case WHY meat should even be included in this plan at all.

In many ways this book seems to be a "repackaging" of the popular and ubiquitous PALEO food plan - just in a lighter and more palpable format. He doesn't say to get rid of rice and beans, for instance, but says to limit their consumption. Agriculture is not painted as the "fall of civilization" here.

The book isn't perfect, but it has some good tidbits, and I'm a sucker for testimonials.

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Personal note:

Just a few days into my no-wheat / no-gluten experiment, and things are going very well. The fuel to continue comes from the general "good" feelings I have now. Of course, it is the things that only YOU would notice and that are hard to quantify: no more stomach/intestinal aches after eating (this was my big problem

with wheat consumption), deeper quality sleep, increased energy (a "hop in my step" that I haven't felt in a long time), and less hunger pains in between meals. An added bonus: down a few pounds on the scale. We'll see how this continues, as I am committed to continuing this "experiment" and possibly making it a lifestyle change.

Daniela says

The book *The Wheat Belly* by William Davis, M.D. should be required reading for everyone in the world.

We've all heard about the No Carbs approach in diets like Atkins, South Beach etc. Efforts have been made to explain and counter arguments about toxicity etc. were made to discredit all of those diets as they were too restricting. So the word of warning right off: Davis agrees with the low carbs recommendation to the extreme. He calls his book *The Wheat Belly*, as wheat is the widest used and most readily available grain (product) in the world. He does refer to all gluten containing, genetically altered grains by this one term: Wheat! Through crossbreeding it has been turned into a high yield, low growing plant to produce as much grain with as little loss as possible. Through modern food science it has become possible to alter it to growing specifications that are the most satisfying for the producer. At the same time people were advised to eat as much whole grain product as possible as it was advertised as healthy. Unfortunately this development occurred too fast for human digestion to keep up and was done without even checking how the cross breeding affected the consumer. Through the process wheat gained attributes that neither parent plant was known to have on humans. Chemical processes in the body that affect not only digestion, weight gain and intestinal problems (like celiac disease) but shockingly were responsible for all sorts of health problems from heart disease brought on by weight gain, to high blood glucose levels and resulting diabetes and effects on the brain that suggest an addiction and contribute to problems like ADHD, dementia and other brain related health problems.

One of the most convincing points is that despite the fact that people were advised to eat low fat high fiber diets the population has grown more and more overweight and obese.

Davis compares our diets nowadays to that of our ancestors, where the ones of about two generations away still got non genetically altered wheat and those from a few thousand years ago hardly ate grains at all. He argues that if we were to follow the hunter and gatherer diets of our forefathers we would be following what our bodies are still genetically programmed to digest: Meat and fats as well as vegetables and fruit, with very little grain. And if grain, then because of the adverse effects of gluten on digestion in many people, gluten free grains.

This is not a fad diet book, but a scientific text, that states many studies and examples about the facts Davis describes. A deeper insight into the changes of human physiology over time to see if and how any progress towards better digestion of today's "wheat diet" has been acquired would make this work complete.

Davis does include a small recipe section that is geared towards replacing wheat products in a satisfying way.

An eye opener and if even half the facts are true, one would hope that society could adopt eating habits more adapted to our bodies to produce a healthier population.

In Canada the food guide has already been changed away from the largest amount of calories having to come

from grains, to the recommendation to eat mostly vegetables and fruit. If meat moved up on the scale and grains moved back into last place, it appears after reading this book, we would be receiving very good advise.

Absolutely recommended for those with celiac disease, weight problems and other thus unexplained health issues that are worth a gluten free/ wheat free trial. Parents of autistic children and children with ADHD might find this very interesting and helpful. Yet everyone could benefit from following this diet if what it claims is indeed true: Better all over health and a cure to many ailments.

<http://pagemarks.wordpress.com/category/>

Eric says

wheat is murder

Sharon says

When I began reading Wheat Belly, I had already decided to give up Wheat since I must eliminate it to follow the FODMAP diet (I'll explain that after the review), and wanted to see if this book addressed FODMAP (it doesn't), or what else I could learn about wheat with regard to digestive disorders.

It's tough for me to decide if this book should get two or three stars. It does have some useful information, but it's sandwiched in alarmist-style marketing. The book is also *highly* repetitive. The useful information could easily be contained in a 30-page booklet without the need for constant reminders that we're all fat, we're killing ourselves with our food, and wheat is the worst thing you can ever consume. The author falls just shy of typing the book in all caps.

Here are some neat tidbits from the book:

- Whole wheat bread (glycemic index 72) increases blood sugar as much as or more than table sugar, or sucrose (glycemic index 59).
- Wheat acts like an appetite stimulant, causing wheat-eaters to eat more food, more often.
- Wheat was altered in the 70s and 80s to increase product yields, yet is not considered "Genetically Modified" because genes were not added or removed. However, the wheat of today is not the same wheat of generations past.
- Wheat has addictive properties and may cause withdrawal, the addiction is from the gliadin protein that is an opiate.

Here are some uncool tidbits from the book:

- The author is not always correct, and downplays other food allergies:
"How many other foods have been associated with such a protean array of skin diseases? Sure, peanuts and shellfish can cause hives. But what other food can be blamed for such an incredible range of skin diseases, from a common rash all the way to gangrene, disfigurement, and death? I certainly don't know of any other

than wheat." (Kindle location 3131)

- The author advises you lie:

"The most diplomatic way to pass up any dish you know is a wheat bomb is to claim that you have a wheat allergy. Most civilized people will respect your health concern, preferring your deprivation to an embarrassing case of hives that could ruin the festivities." (Kindle location 3723)

- The focus of the book is on weight loss, not improving your health. It begins by claiming that wheat is the cause of being overweight, yet near the end of the book shifts to explaining that carbs must be reduced, as well as fruit. For example, if you are going to have strawberries, you should not have more than two. Two? Really? This is Atkins in a new book cover with scarier tactics in place.

In general, I highly dislike the style of this book. It does have some useful information, but any author who advises me to lie, automatically makes me question his credibility.

Now, back to **why I am giving up wheat**:

I recently learned about the FODMAP diet (developed at Monash University in Melbourne), as a diet that may be helpful to folks like myself who suffer from digestive disorders, such as IBS or Gastroparesis. It is a diet to reduce symptoms, not lose weight. When I studied the list of foods to avoid, I noticed many of my "trigger" foods on that list, and, realized with alarm that my diet consisted largely of foods to avoid! I made changes and noticed an improvement with 24 hours. A day later, even more improvement... I am now on Day 5 of a low FODMAP diet (which includes being wheat-free) and am doing much, much better.

I highly encourage anyone with a digestive disorder to research the FODMAP diet and consider making changes even for just a day or two and then taking things from there.

As far as everyone giving up Wheat? Well, that's up to you...

Erin says

Let's be honest--I'm going to be in favor of this book because of my point of view. I'm supporting my own (research-free) thesis that wheat is bad for you. And this dude's an MD, he backs up his science with footnotes, the subject interests me, and I've had personal experience giving up wheat in my own life (although I haven't been able to stick with it for long periods, but I eat way less than I used to) and know the positive changes it can have on the body. I read some reviews have called this book junk science, but frankly--I think what's passing for hard cold facts from the USDA (and the current medical community) is junk science too, and we eat wheat because it's cheap, easy, and tastes relatively good (it's hard to screw up pizza.) But there is really compelling research Davis compiles about the negative (sometimes deadly) effects wheat can have on the body long term and how many different ways it can affect people. He focuses mostly on giving up wheat in the diet, but he doesn't give corn or rice a pass either in large quantities. And he CERTAINLY doesn't give "gluten free" foods a pass--he thinks they're terrible in general and raise the blood sugar just like wheat does (but with less negative effects). The book made sense to me, and it was relatively easy to read (although I skimmed the more science-y parts of the reading). I've been modifying my diet long enough that I wasn't overly impressed by his menu plans in the back (he advocates sugar replacements like splenda, and i hate that stuff), but the rest of the book was really interesting. It really does make me look at that bagel more critically...even if choose to have a bite of it. I really never felt better (and less hungry) than when i gave all that stuff up for a month...but man, it's hard! Don't let anyone tell you different.

And if I never hear the phrase "heart-healthy whole grains" again, it will be too soon. Davis uses the term (mockingly) on every other page...i will definitely be attuned to it when i see it in ads or in articles!

Melissa says

Was this ever painful. I stopped 1/4 of the way through. He should call this the Atkins diet. It's not wheat he has a problem with. It's carbs. He puts most fruits and beans on his be careful list. That kills his credibility right there. And although he has "references", 90% is not referenced and is simply anecdotal. So essentially, based on his theory a vegetarian diet would be bad with all those legumes, whole grains and fruits I guess. Since people following vegetarian diets have much less risk of heart disease, cancer and obesity, then how does his theory make any sense. I can go on all day, however my last rant will be about his use of the word "genetic". He makes it sound like North American wheat is genetically modified, which it isn't. Wheat has taken on many hybrid forms over the centuries as has essentially every fruit and vegetable. So should we then put up a fight against all plant based foods. Oh and did I mention that when he gained weight all he ate was processed Wonder bread, Ho Ho's, pasta and no vegetables. Maybe the problem was way too much processed wheat. You decide for yourself why so many people have weight problems.

John Stinson says

I have a few friends who have gone wheat free and have experienced some positive health benefits so I thought I'd give this a read.

In this book cardiologist William Davis explains how eating wheat leads to a wide range of health issues including digestive disorders, immune problems and yes, schizophrenia ... due to its especially negative effect on the regulation of blood sugar. Wheat was OK a hundred years ago but has been GMO'd beyond recognition. (I just saved you reading the first 200 pages).

Near the end of the book he drops the big - "Oh, and by the way" ... no sense replacing wheat with other carbs or you won't see the health benefits. So limit rice, oats ... fruit is bad (berries OK), no legumes either. More proteins and fats (meat, poultry, fish, shellfish, eggs, cheese, nuts, seeds and peanuts. At the end of the day, despite all the history on why wheat is so evil .. it's just another low carb Atkins style diet book.

Very annoying ... I wish he'd mention that at the beginning.

Keith Akers says

Oh God, do I have to read this? No. I refuse. I don't have time. I'm not angling to be the one to pick through the errors, and write the "definitive refutation." So this isn't a "refutation" of the book or even an indication that wheat may not, after all, contribute to the obesity problem.

Gluten intolerance and celiac disease are real, and they may be more widespread than people realize. I know some vegans who are gluten intolerant and there's even a blog, <http://getoffgluten.blogspot.com/> which deals with vegans looking for alternatives to wheat. So I am not saying, "eat all the wheat you want!" by any means. But I have enough information to say that this is not a useful book, and here's why.

In the first chapter he says "vegetarians are fat." He also refers to a national trend to reduce fat and cholesterol and increase carbs. There is indeed a tendency to take in more carbs in the U. S., but this is highly misleading -- it's a trend towards greater consumption of junk food. The amount of fat, cholesterol, and "complex carbs" is actually pretty much the same. Secondly, it is just false that vegetarians are fat. I am a vegetarian (vegan in fact), am not gluten intolerant, and eat wheat every day. I am not fat, slightly underweight actually, and none of my veggie friends are fat. You cannot go to a vegetarian conference or event and fail to notice that vegans and vegetarians are generally not obese or overweight. This has also been documented in studies, also, but it's easier just to invite people to visit your friendly local vegetarian potluck or meetup and count the fat people.

He also criticizes "The China Study" based on some inane correlations published on the internet. He cites Denise Minger, but it's clear that the author doesn't understand the most basic ideas of statistics. One might be able to show a decisive correlation between colon cancer and TV viewing, but that doesn't establish causation; he's pulled out some superficial correlations and considers that a refutation of "The China Study." He also recommends using oils generously, including coconut oil (saturated fat city). He also recommends eating meat, eggs, and cheese "in unlimited quantities." The American Journal of Clinical Nutrition editorialized a few years ago that more than one egg per day could increase all-cause mortality by 40%.

At this point, it becomes apparent that he is really yet another Weston Price Foundation promoter. I suspect that this may be an attempt to revive the Atkins (high-protein, low carbs) diet, so that even after driving a stake through its heart, zombie-like, it rises from the grave to wreak havoc on the unwitting.

Even though there's probably a lot of good stuff in here on problems with wheat, you'll have to be an expert already to sort out the good from the bad. Given the fact that I can just open the book up, read the introduction and first chapter, look at the index, and immediately find a bunch of problems, I don't think that I could read the rest of it with any assurance that the author has a clue. So even though there may be a lot of good material in here, reading this book won't enlighten you. You'll still have to figure out this stuff somewhere else, then come back to the book, and sort through his argument.

Ngairé says

Look, I used to be the last person on the planet who would have considered giving up wheat. I thought people who gave up gluten were crazy (unless they had celiac disease, obviously). I knew that pasta and brown bread were healthy for me - I'd had it drummed into me since childhood. But since I was about fourteen or fifteen, I've had bad health - low energy, bad skin, weight problems, digestive issues - nothing serious, but a host of things that made life that bit harder and less pleasurable. They'd improved a bit through exercise, but not much. When I read about Wheat Belly, I was willing to give it a try, despite never ever having tried any kind of fad diet before. I figured, I can't feel worse, right?

Turns out I could feel worse. I was gluten-free for about three years and I became very anemic and had low vitamin B12. My energy plummeted even further, I couldn't sleep and I had terrible headaches. I lost a ton of weight - probably 35-40lbs, so everyone kept saying I looked great, but I felt awful. I was thin, for sure. Which our culture sees as evidence of health, unfortunately. But I was not healthy. I wish that somebody had mentioned taking a multi-vitamin. I thought I was doing everything right, but I was missing out on a lot of nutrients.

Not eating wheat was so restrictive and isolating and it made me obsess about food. And unfortunately, my body seems to have become dependent on the B Vitamins that are added to wheat products, because I struggled with B vitamin deficiencies throughout my gluten-free life. Before you start this diet, my advice is to start a good quality multi-vitamin. B vitamins are routinely added to wheat products, so when you go off wheat, you may become deficient in them like I did. A good probiotic is probably the other thing I would recommend.
