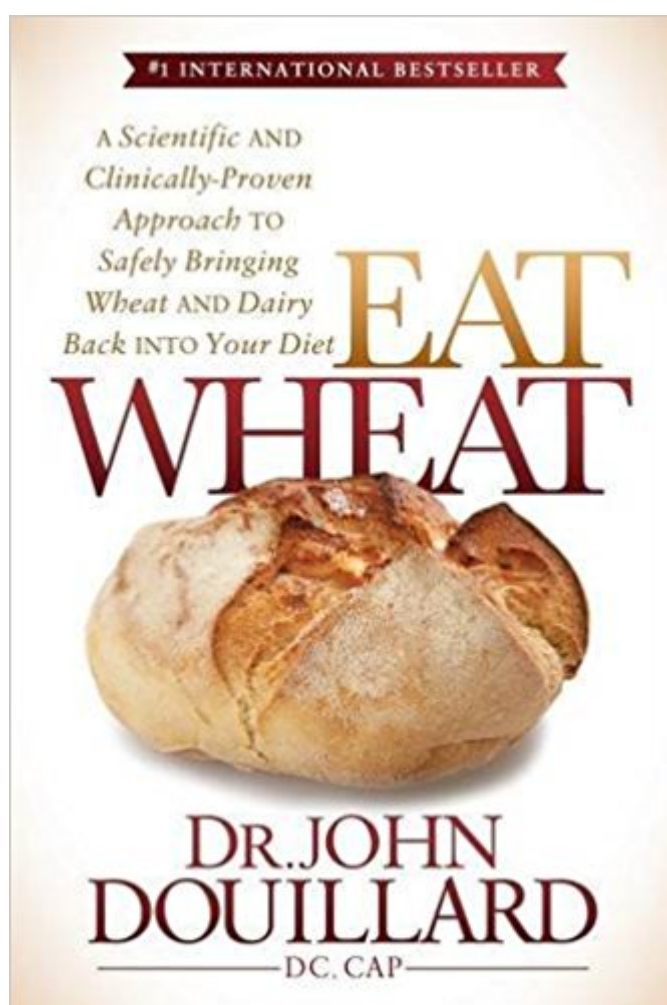


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Eat Wheat: A Scientific And Clinically-Proven Approach To Safely Bringing Wheat And Dairy Back Into Your Diet



Synopsis

Are you gluten-free or dairy-free? If so, you might not have to be. *Eat Wheat* is a scientific and clinically-proven approach to addressing food intolerances. After 3.4 million years of eating wheat and only 500,000 years of hunting meat, humans are actually genetically better equipped to eat wheat than meat. This book is your guide to safely bringing wheat and dairy back into your diet. Dr. John Douillard, a former NBA nutrition expert and creator of LifeSpa.com, and author of six health books, addresses the underlying cause of the gluten-free epidemic. *Eat Wheat* explains how a breakdown in digestion has damaged the intestinal wall and leaked undigested foods and environmental toxins into the body's lymphatic system, causing "grain brain" symptoms and food allergies. Although eliminating wheat and dairy from your diet may help your symptoms, it is a temporary solution. *Eat Wheat* addresses the root cause: the inability to digest well and break down harmful pollutants and toxins that can lead to more serious health concerns. Backed by more than 600 scientific studies, *Eat Wheat* is a revolutionary guidebook to regaining your digestive strength. *Eat Wheat* will:

- Reveal hidden science on the benefits of wheat and dairy
- Help you navigate around food toxins in modern wheat and dairy
- Retrain your body to digest wheat and dairy again
- Flush congested lymphatics linked to food intolerance symptoms
- Teach you to follow natural digestive circadian cycles
- Help bring your blood sugar back into balance
- Teach you proven exercise and detox techniques to re-boot strong digestion and achieve optimal health and vitality

Book Information

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Customer Reviews

“John Douillard has been on the leading edge of dynamic optimal health for decades. And I have personally benefited from it. Now he questions our obsession with gluten-free, dairy-free eating by asking the question, ‘Why, after centuries of eating these foods with no problems are so many people so adversely affected by them?’ His answer to that question is scientifically accurate and thought-provoking. It’s because our digestion is suboptimal to begin with. And our detoxification systems are overloaded for many other reasons. Dr. Douillard has helped thousands of people cure their food intolerances by treating the cause at its root – not just the symptom. And whether or not you ever decide to consume gluten or dairy again, what you’ll learn in this book is crucial to your health.”

—Christiane Northrup, M.D., ob/gyn physician and author of the New York Times bestsellers: *Goddesses Never Age: The Secret Prescription for Radiance, Vitality, and Wellbeing*, *Women’s Bodies*, *Women’s Wisdom*, and *The Wisdom of Menopause*

“Amidst America’s current gluten- and dairy-free craze, the title *Eat Wheat* may seem somewhat shocking. However, Dr. John Douillard has been a highly respected healthcare innovator for many years, and this new book may be his greatest contribution yet. His compelling evidence-based approach for safely eating wheat and dairy, will greatly ease the concerns of a rapidly growing segment of our population committed to eating healthy. For those of us who enjoy eating a well-rounded diet and believe in ‘everything in moderation,’ this book is a must-read.”

—Dr. Rav Ivker, DO, ABIHM, Cofounder and Past-President, American Board of Integrative Holistic Medicine, Past-President, American Holistic Medical Association, and best-selling author of *Sinus Survival*

“*Eat Wheat* is clearly the most brilliant and groundbreaking dietary book in recent years that everyone should carefully read – both the lay person and the medical professional. Dr. John Douillard explodes the myths behind gluten intolerance and reveals the real culprit in our own weakened digestive systems. He exposes similar issues behind the wholesale rejection of dairy products, which like wheat, have enormous nutritional value and usage going back thousands of years. He reveals the faulty science and commercial propaganda that have turned millions of people against some of the most valuable foods in human history. Dr. Douillard highlights the wisdom of Ayurvedic medicine and its profound insight into the role of Agni or the digestive fire, which modern medicine has not yet properly understood. He carefully explains how, by improving our digestive fire, we can increase both our food choices and promote our own positive health and vitality.”

—Dr. David Frawley, author *Yoga and Ayurveda*, and *Ayurvedic Healing*

“What?? Could it really be true that you can eat bread again? Dr. John Douillard – a leading expert in Ayurveda, a 5,000-year-old system of holistic medicine,

and one of the most brilliant physicians I've ever met says

Yes! Just like the great cholesterol myth, Dr. Douillard says gluten has been wrongly targeted as the source of your digestive problems. Instead, he contends that weak digestion is the true issue. *Eat Wheat* lays out the compelling scientific evidence that supports this seemingly radical idea and shows you how the wisdom of Ayurveda can help you to not only feel better than you ever have, but also how to strengthen your digestion so much that you'll be able to enjoy your forbidden favorite food again: a mouthwatering, fresh-out-of-the-oven, steaming hot slice of bread coated with melting butter.

—Christine Horner, M.D., board-certified surgeon, natural health expert and best-selling author of *Waking the Warrior Goddess* and *Radiant Health, Ageless Beauty*

“Combining insights from modern scientific research and the brilliant, ancient system of Ayurvedic medicine, Dr. John Douillard takes the analysis of food sensitivities deeper to get at the root causes. Ayurveda teaches that if you can't digest a particular food even if it's packed with nutrients, organically grown, and cooked with mother's love it can cause symptoms, even disease. *Eat Wheat* explains not just which foods cause problems, but why, and what (beyond simply avoiding them) you can do about it.

—Timothy McCall, M.D., author of *Yoga as Medicine: The Yogic Prescription for Health and Healing*, Founder/Director of Yoga As Medicine Seminars and Teacher Trainings, Co-Editor of *The Principles and Practice of Yoga in Health Care*, Medical Editor for *Yoga Journal*, and creator of *DrMcCall.com*

“The Sanskrit word for wheat is 'godhuma.' 'Go' means the organs of the senses and 'dhuma' means to remove the cloud of perception. Wheat actually improves sensory perception, and to remove it from our diet impairs our perceptions. When we strengthen our metabolic fire, we are able to digest gluten and dairy products.

—Vasant Lad, B.A.M.S., M.A.Sc., Ayurvedic Physician, author of *Ayurveda: Science of Self-Healing*, *Textbook of Ayurveda* series

“How is it possible that after all these years on this planet, we humans are still debating what foods are good for us and what foods are not? In this book, Dr. Douillard makes a compelling scientific argument to show that wheat and dairy are not problematic foods if consumed properly and in moderation.

—Joshua Rosenthal, CEO of Institute of Integrative Nutrition

“If you are one of the millions of people that have eliminated wheat and dairy from your diet, and yet you're still suffering with digestive woes and questioning why you're not feeling your best, the answers lie within the pages of this groundbreaking book. Using traditional wisdom combined with modern science, Dr. John Douillard, gets to the root cause of the wheat and dairy controversy and teaches you how to start eating delicious foods again without compromising your life or your health.

—Andrea Beaman, Chef/HHC/Educator

Dr. John Douillard, DC, CAP is the creator of LifeSpa.com---the leading Ayurvedic and natural health website. He is the former Director of Player Development and nutrition counselor for the New Jersey Nets NBA team, author of six books, a repeat Dr. Oz Show guest and featured in dozens of national publications.

I'm a holistic nutritionist, one who dislikes the huge gluten-free movement or, rather, who dislikes the demonizing of an entire food group (most grains are often included in arguments) based on the inability of some who can't tolerate it. So it was with great excitement that I purchased and began to read *Eat Wheat*. I've gotten through the second chapter and just can't read anymore. It's not that I disagree with the author's concept of improving digestive capability, and I certainly appreciate his understanding that not everyone will be able to reintroduce wheat (and dairy, BTW) into their diets. The book, so far, is just poorly written, poorly organized, and repetitive. For instance: On page 4 a subtitle states, "Starting from the Top: What Is Gluten, Anyway?," but then defines it only as "...proteins found in wheat and wheat products...." He doesn't mention that gluten is a component of two other of wheat's proteins, gliadin and glutenin, yet on page 8 he's discussing gliadin without defining it. He DOES note that alpha-gliadin is "...the indigestible toxic form of wheat," which it is not. It is not a "form" of wheat but one of the many storage proteins found in the wheat kernel. In the following section noting scientific research that touts the benefits of gluten, he often conflates the research demonstrating health benefits of fiber with those of gluten-containing grains, which is basically off-topic. No one disputes the health benefits of whole foods fibers. That some of these are gluten-containing grains doesn't demonstrate the value of gluten. There's more---something on almost every page, in fact---and I can't continue reading it. Flipping through the book, I just found another. On page 102 Douillard states, "Certain GMO crops are considered "Roundup Ready" meaning they have been genetically engineered to include the weed killer called Roundup...." These crops are not engineered to INCLUDE Roundup but to TOLERATE it. It's this kind of sloppiness that I find unacceptable, and which makes me think this book went to press far too early. Better research, better editing, and someone to guide the author through the book writing process would have been helpful. BTW, the cover says "#1 International Bestseller." It doesn't mention whose bestseller list it's on, and I sure can't find it anywhere online. So, from excited to disappointed in a few short pages, yet the premise has promise. Someone really should develop this idea to its fullest potential.

This is the book I've been looking for! Regardless of your view on origins, everyone knows that man has been eating gluten-containing grains for thousands of years AT LEAST. And widespread sensitivities to wheat and gluten are pretty new -- as in, decades, not centuries. So the idea that wheat sensitivities occur because "the human body can't digest wheat" has always struck me as bad science. But no one assuming the problem is the wheat was asking WHY we can't digest it! Thank you, thank you, thank, Dr. Douillard, for asking the right questions -- and finding answers. Toxic bodies and damaged guts are the primary factors (with several lesser contributors mentioned, as well). I'd suspected this, but Dr. Douillard confirmed, with plenty of research to back up his claims. This is a very well-documented book, with over 600 references! The author walks us through the science of what's really happening (and how we've been misled) in the first section of the book. In the second section, he gets into fixes. Dr. Douillard is an Ayurvedic practitioner, so there are a lot of Ayurvedic principles here. He supplements the ancient understanding, though, with modern science that backs up what the ancients knew. The instructions are detailed and specific, so anyone can follow them without confusion or fumbling to figure things out. And although some of these are radical LIFESTYLE changes for many people, all are gentle for the body. I disagree with Dr. Douillard's assessment of wheat and other gluten-containing grains as traditionally a fall-harvested, winter-only food. (And, oddly, wheat is found on the other seasonal food lists, as well.) But I agree, in principle, that it probably comprised a larger PROPORTION of the winter diet than the spring or summer diets, because it keeps well, where fruits and greens do not. Apart from that, I have some minor disagreements, but nothing that would substantially impact any of the key recommendations. As a nutritionist in training, I appreciate that most of these recommendations are basic healthy lifestyle recommendations. And yet, there's an acknowledgement that many of us have damaged digestion and "clogged" detoxification pathways and these need intentional help to heal. You'll find that here. The book could have used one more editing pass. It's pretty good overall, but there were a few places where it looked like maybe things were reworded and the sentences didn't quite get fixed, so there are fragments, and a couple places the numbers that are supposed to be superscript hyperlinks to references are actually just regular numbers and unlinked. That's a very minor quibble, though. Overall, the formatting is clean, with profuse hyperlinking to make it easy to move about the book (especially to the numerous references), and there's even a pretty thorough index (also hyperlinked)! Basically, whether you can eat wheat or not, if you're American, just buy and read the book. It's well worth it.

What a lovely idea! Thank you for finally saying what I've been thinking. Stop making up ridiculous

diets - we were just fine for a really long time and now suddenly every week there is one more thing that we MUST NOT EAT and one more thing that we MUST EAT! It didn't work with eggs, or butter, or fat, etc. Just stop eating processed foods, stop eating out of season and stop eating foods from across the planet (except a few times a year) And try to stay away from insecticides, pesticides, and herbicides. The foods most people eat in order to avoid eating other foods are so heavily processed and not actually healthy for you - food shouldn't be complicated

A whole new look at how your digestion works. Wow. Fantastic leading edge science looking even deeper into food sensitivities. How to fix your digestion rather than ever restricting food choices. Dr. John Douillard's competence is unparalleled.

I read this book with some initial skepticism since I have embarked on a sugar, wheat, dairy free diet for digestive issues and asthma. I found the science to be well explained and very helpful. I am particularly appreciative of the focus on the lymph system as an important part of digestion and health. I plan to do the 4 day fast to reboot my digestive processes and follow the plan for seasonal eating and gradually adding back in some ancient wheat sourdough bread. What an adventure!

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