



Grain Free Diet: Against all Grain, The Surprising Truth about the Silent Killer of Wheat, Gluten, Carbs, and Sugar, The Extraordinary Grain Free Health for Weight Loss and Healthy Life

Warawaran Roongruangsri

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Wondering about how to stay away from brain disorders, including dementia, in the long run? No more worries, this book “Grain Free Diet: Against all Grain, The Surprising Truth about the Silent Killer of Wheat, Gluten, Carbs, and Sugar, The Extraordinary Grain Free Health for Weight Loss and Healthy Life” is definitely for you then. This book explains the concept of ‘grain brain’ and tends to enrich your knowledge on the importance of ‘grain brain’ in your life. You will be better informed about the concept after you complete reading this book. Furthermore, you get to know about many facts about the concept, and also able to realize whether your brain is at the risk of getting damaged. In the first chapter of this book, you will read a comprehensive analysis of the concept. It includes the causes of lack of concentration, how to lower risk for brain disorders, facts about depression, and topics related to it. It also throws light on the belief that Alzheimer’s and similar kind of brain illness occurs due to hereditary factors. There are many steps you can take to stay away from the risk of brain disorders and the chapter guides you on the topic candidly. How far you know about the negative effects of carbs on your body and brain? Well, the focus of the next chapter is on carbohydrates and proteins. It discusses about the activities that happen in your body when you consume protein and carbohydrates. It goes in deep to the positive as well as negative effects of proteins and carbs on your health. The chapter concludes on the practice of limiting high carbohydrate foods and increasing protein intake, in order to acquire better health. Well, it also helps to shed pounds. Coming to the third chapter, it deals with the positive and negative effects of gluten on life. The chapter includes factual information on the ill effects of gluten on the brain. Even if you do not suffer from celiac disease, the chances are high that you may have gluten sensitivity issues. It educates you how gluten can lead to bad health. The fourth chapter is your ultimate guide to the benefits of Paleo diet and how it will help you on a grain-free, gluten-free, low carb and high protein diet. It clearly explains the meaning of a Paleo lifestyle, as an answer to all those worries you will have after reading the previous two chapters. After acquiring much relevant information from other chapters, the fifth chapter will include the quick list of tests to determine the health of your brain. You can check the health of your brain with the help of these tests the next time you visit your doctor. The final chapter helps you to start with a healthy diet plan which is grain-free. It will help you with two week long meal plan. You can go through the detailed information on grain free food and quick guide of switching to a healthy diet plan. Give it a try to have a healthier and happier life! Thanks for downloading this book. I hope you will enjoy. Happy Reading! (against all grain, grain brain, grain free cure, grain brain cookbook, wheat belly, gluten free, low carb, against the grain, grain of truth, grain free, grain free diet, grain free cookbook, grain free sugar free, grain free cooking)

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Breanne Gardner:

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