

Gluten Free??

by Greta van Meeteren

Gluten-free is hot these days. There are books and websites, restaurants with gluten free menus, and grocery stores with hundreds of new gluten-free food products on the shelf. Is this a fad, or a reflection of response to a real problem? Read Mark Hyman's article 'Three Hidden Ways Wheat Makes you Fat'. Cut and paste the link below into your browser.

<http://xrl.us/bn77x7>

Interestingly, about a year ago, while I was on the verge of becoming insulin resistant, I was consulting with doctor William Rawls, who has studied the causes of disease extensively. He is the author of the book "Health First", and he advocates some simple lifestyle changes to dramatically lower one's risk of most diseases. He told me to quit eating wheat ... and I did.

This, together with the help of an outstanding nutrition expert - my friend Susan Koepp - has resulted in a 15 pound weight loss and in bringing my blood sugars down to a normal level.

I am a firm believer in what Dr. Hyman explains in this article. More than that: it is not that hard to make the change, especially if you know what the result could be if you don't. I urge you to read this excellent article.

Please keep in mind: there is advertising surrounding the article: I am not trying to promote any of the advertised items. Just wanted to share this information with you.