



Wheat BELLY



Dr. Oz and many other well known physicians have been saying that sugar is America's new cocaine. Now they have finally made the same connection to wheat.

Thank you Dr. Oz for allowing cardiologist William Davis, MD to tell your audience the truth about Genetically Modified Wheat and its deadly affect on the human body. I was doubly glad to see you and your staff tested his claims for yourselves and prove what I have been saying for years is true. Bread is killing us.

Dr. Davis had connected the dots or rather the neurotransmitters in our brains that light up the addictive parts of our brain when we eat the "NEW" wheat. Just as I have been saying Dr. Davis now has the scientific proof that there is a "NEW" man-made protein in wheat that makes us want to eat MORE wheat.



I will be even happier when the world begins to understand what Dr. Andrew Weil, MD has been saying for a long time. THERE IS NO SUCH THING AS WHOLE GRAIN FLOUR. Once you grind any grain, you remove the nutrients and that is why they call it FORTIFIED because they have added those nutrients back ARTIFICIALLY. As Dr. Weil says, once you remove the hard outer casing of the grain you are left with nothing more than pulverized

STARCH. We all know starch is NOT good for us.

I agree with Dr. Davis that it is best to go cold turkey on removing all wheat from your daily consumption. And that we MUST read every label on every container we intend to consume. Wheat is found in almost all packaged products, even chewing gum.

In view of the fact that ALL flours are nothing more than pulverized starch it is best to go cold turkey on all pastries, breads and pasta like substances. You truly can eat a JOYFUL meal every time you eat REAL food.

As Dr. Deepak Chopra, MD says, on page **37** in my book **Cooking with Judy**. REAL food is LIVING food that gets its energy source from the sun and earth and not from a factory. My motto is **Eat form the FARM not a Factory**.

You don't need the glue from flour you need the fiber, vitamins and minerals provided naturally by LIVING plants and animals. I know vegans will disagree with my inclusion of meat and dairy and that's okay. Now everyone can understand my concerns with flour and sugar.