



The Gluten Effect: How Innocent Wheat Is Ruining Your Health (Paperback)

By Vikki Petersen

True Health Publishing, 2009. Paperback. Condition: New. Language: English . Brand New Book. Is Your Food Poisoning You? Exhaustion, obesity, digestive problems, headaches and depression: If you suffer from any of these symptoms the cause might well be found in whats on your plate. Yes, it could be the food you eat. Specifically, the problem may be gluten, a protein found in wheat, rye and barley that is emerging as a key factor behind a variety of health problems affecting millions of Americans. Now, in The Gluten Effect, Drs. Vikki and Richard Petersen are exposing the dangers gluten poses and, using the celebrated HealthNOW Method, providing the path to good health for those with gluten sensitivity. Stop suffering! Find out if a simple change in diet will completely restore your health and give you back the robust lifestyle you deserve. The Drs. Petersen have cracked open a world hidden from view but one that causes untold suffering for millions. The Gluten Effect is a remarkable window into the innumerable ways in which gluten that sticky little molecule found in bread and hidden in so many other places can cause everything from autism to dementia, from depression to psoriasis and so much...

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