



## The No-Grain Diet

*Joseph Mercola*

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# The No-Grain Diet

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**The No-Grain Diet** Joseph Mercola

**BE ON YOUR WAY TO GOOD HEALTH IN THREE DAYS.**

The debate is raging from the FDA to the nightly news:

Why are 65 percent of all Americans overweight or obese?

Is it fat? Or is it carbohydrates?

The USDA says it's fat.

Dr. Mercola says it's grains and carbohydrates.

**And with his revolutionary no-grain diet, Dr. Mercola will show you how to conquer food cravings and stay slim for life.**

It is finally time for the nutritional truth to come out. *The No-Grain Diet* explodes the myths of the low-fat diet and reveals the unhealthy aspects of other protein diets, instead providing you with a diet that really works, that is healthy, and that anyone can stay on for life.

“*The No-Grain Diet* is an easy-to-read guide that provides important new information about the health problems and nutritional shortcomings of grain-based diets. Moreover, Dr. Mercola lays out a nutritional plan for weight loss and good health that closely resembles humanity’s original culinary fare: lean meats, fresh fruits, and vegetables.”

—LOREN CORDAIN, PhD, author of *The Paleo Diet*

“If you are seeking a dietary plan that will truly help you lose weight and be healthy—permanently—read this essential book!”

—JOHN GRAY, author of *The Mars & Venus Diet & Exercise Solution*

**No more cravings, no more yo-yo dieting, no more confusion. *The No-Grain Diet* is the last diet book you will ever need.**

*From the Trade Paperback edition.*

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#### **James Ellis:**

The e-book with title The No-Grain Diet has a lot of information that you can learn it. You can get a lot of gain after read this book. This kind of book exist new expertise the information that exist in this guide represented the condition of the world currently. That is important to you to know how the improvement of the world. This kind of book will bring you in new era of the global growth. You can read the e-book on your own smart phone, so you can read this anywhere you want.

#### **Gabrielle Ponds:**

The reason? Because this The No-Grain Diet is an unordinary book that the inside of the guide waiting for you to snap it but latter it will shock you with the secret it inside. Reading this book next to it was fantastic author who all write the book in such remarkable way makes the content within easier to understand, entertaining means but still convey the meaning fully. So , it is good for you because of not hesitating having this anymore or you going to regret it. This book will give you a lot of gains than the other book get such as help improving your ability and your critical thinking way. So , still want to hold up having that book? If I ended up you I will go to the publication store hurriedly.

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