



Going Against the Grain: How Reducing and Avoiding Grains Can Revitalize Your Health

Melissa Smith

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Diets high in grains can lead to a host of health problems such as obesity, diabetes, heart disease, fatigue, and more. *Going Against the Grain* outlines the disadvantages and potential dangers of eating various types of grains and provides practical, realistic advice on implementing a plan to cut back or eliminate grains on a daily basis. This book also includes easy-to-follow grain-free recipes and helpful suggestions for dining out.

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