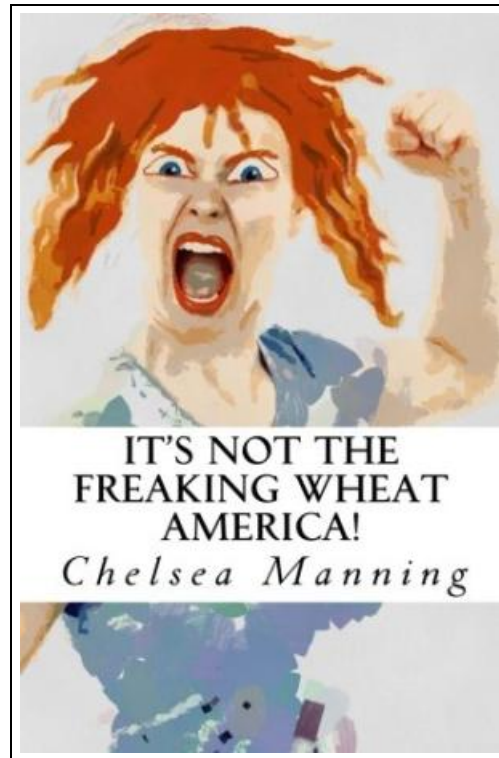


Its Not The Freaking Wheat America



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Reviews

Thorough guide for ebook lovers. I am quite late in start reading this one, but better then never. Its been designed in an remarkably straightforward way which is simply soon after i finished reading this publication in which actually altered me, affect the way i think.
(Gunner Labadie)

ITS NOT THE FREAKING WHEAT AMERICA



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CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 250 pages. Dimensions: 8.5in. x 5.5in. x 0.6in. In America at present, 69 of everyone over the age of 20 is overweight to some degree. Worse than that, over half of this number are clinically obese. In fact, there are more clinically obese and overweight people in the United States, than there are people in Mexico and Canada. This being the case, books and diet regimens regularly hit the headlines, which attempt to explain the reason behind Americas ever increasing girth. Ones which in recent years have bent over backwards to try and inform us that our weight is all wheats fault. The problem however, isnt Americas consumption of breads and cereals. Neither in fact, is Americas couch potato culture entirely to blame for the ever broadening of two hundred and fifteen million of our respective waist lines. In fact, all blaming wheat for Americas health and diet woes does, is blinker us from what is really wrong with many of our diets and lifestyles. Its Not The Freaking Wheat America! will therefore attempt to clarify why we have really got as big and unhealthy as we have recently, and what you can do to fix this. That said Im no nutritionist or dietary expert. I have however, been on something of a personal dietary adventure over the past six years, and in the first three of those years I learnt enough to loose the extra hundred pounds Id been collecting since I left college. Real weight loss however, isnt possible in just one weekend, therefore please dont purchase this book if youre looking for a quick way to reel in your waistline. Rather, real sustainable weight loss only starts to happen, when we start to educate ourselves...



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