



The No-Grain Diet

Joseph Mercola

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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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From reader reviews:

Freddie Hoops:

The reason? Because this The No-Grain Diet is an unordinary book that the inside of the guide waiting for you to snap the idea but latter it will surprise you with the secret that inside. Reading this book adjacent to it was fantastic author who have write the book in such incredible way makes the content within easier to understand, entertaining way but still convey the meaning entirely. So , it is good for you for not hesitating having this ever again or you going to regret it. This book will give you a lot of rewards than the other book include such as help improving your skill and your critical thinking approach. So , still want to hold off having that book? If I were you I will go to the publication store hurriedly.

Laura Hargis:

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