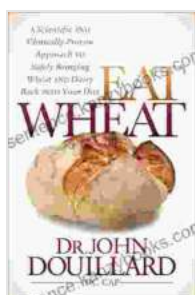


# Scientific And Clinically Proven Approach To Safely Bringing Wheat And Dairy Back Into Your Diet

Wheat and dairy are two of the most common foods in the world. They are also two of the most controversial. Some people believe that these foods are essential for a healthy diet, while others believe that they are harmful and should be avoided.



## Eat Wheat: A Scientific and Clinically-Proven Approach to Safely Bringing Wheat and Dairy Back Into Your Diet

by John Douillard

★★★★☆ 4.6 out of 5

Language	: English
File size	: 1977 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 319 pages
Lending	: Enabled



The truth is that wheat and dairy can be both beneficial and harmful, depending on the individual. For some people, these foods can cause digestive problems, inflammation, and other health issues. For others, they can provide essential nutrients and energy.

If you are considering adding wheat and dairy back into your diet, it is important to do so carefully. Here is a scientific and clinically proven approach to help you minimize the risks and enjoy the benefits:

## **1. Start Slowly**

If you are new to wheat and dairy, it is important to start slowly. Begin by adding small amounts of these foods to your diet and see how you feel. If you experience any negative symptoms, such as gas, bloating, or diarrhea, reduce the amount of wheat and dairy you are consuming.

## **2. Choose Whole Grains**

When choosing wheat products, opt for whole grains over refined grains. Whole grains are a good source of fiber, which can help to improve digestion and reduce the risk of chronic diseases such as heart disease and cancer.

## **3. Choose Low-Lactose Dairy Products**

If you are lactose intolerant, choose low-lactose dairy products. Lactose is the sugar found in milk and other dairy products. Some people are unable to digest lactose, which can cause gas, bloating, and diarrhea.

## **4. Cook Wheat And Dairy Thoroughly**

Cooking wheat and dairy thoroughly can help to kill bacteria that may be present. This is especially important for people who are immunocompromised or who have a history of foodborne illness.

## **5. Listen To Your Body**

The best way to determine if wheat and dairy are right for you is to listen to your body. If you experience any negative symptoms after eating these foods, it is best to avoid them.

## **Benefits Of Wheat And Dairy**

Wheat and dairy can provide a number of essential nutrients, including:

- Protein
- Carbohydrates
- Fiber
- Vitamins
- Minerals

These nutrients are essential for good health and can help to protect against a number of chronic diseases.

## **Risks Of Wheat And Dairy**

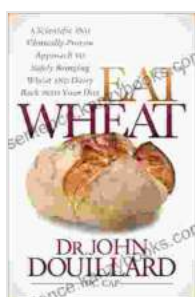
Wheat and dairy can also pose a number of risks, including:

- Celiac disease
- Crohn's disease
- Ulcerative colitis
- Lactose intolerance
- Gas
- Bloating

- Diarrhea

These risks are more common in people who have a family history of these conditions or who have a weakened immune system.

Wheat and dairy can be both beneficial and harmful, depending on the individual. If you are considering adding these foods back into your diet, it is important to do so carefully. Start slowly, choose whole grains and low-lactose dairy products, cook these foods thoroughly, and listen to your body. If you experience any negative symptoms, it is best to avoid these foods.



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