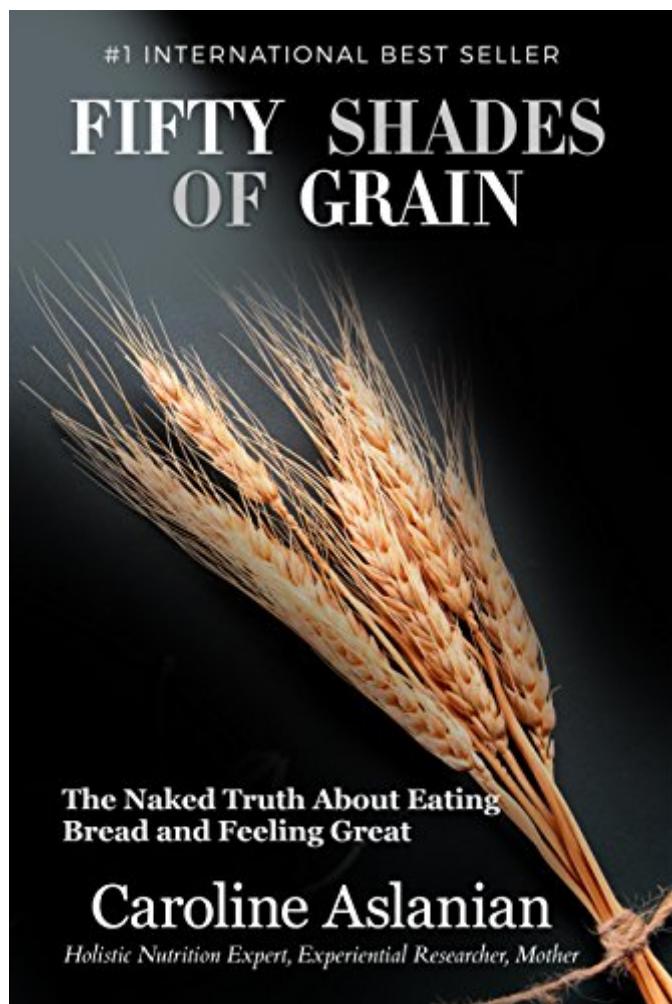


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# Fifty Shades Of Grain: The Naked Truth About Eating Bread And Feeling Great



## Synopsis

Choosing to eat grains isn't so black and white. Eating gluten-free isn't THE answer to being healthy. Being oblivious to the facts that gluten sensitivity does exist isn't helpful either. There is gray in between black and white and there are many shades of gray to consider so that we can truly understand which grains to avoid, why some should avoid grains and glutenous ingredients at all cost and when and how is it o.k. to consume grains IF your body is strong and healthy enough to tolerate it....hence the title. No one has addressed this issue quiet this way with so much evidence both from scientific community, from ancestral wisdom and from living centenarians. You haven't seen this topic highlighted the way Caroline has. It's an eye opener and maybe controversial. A smart conversation around grains is so powerful right now. This book isn't an excuse to eating bread. Eating bread can be healthy IF we follow our ancestral wisdom pre industrial age. This philosophy and way of living really applies to all foods and not just bread. If you could pack all of human history in one year, we have been farming for and eating grains since about yesterday. We only started consuming Modern Grain about 10 minutes ago, which is when modern diseases came to life. Humans did not have grain cultivation and consumption until 5000-8000 years ago, which is about a century ago. Modern grain's radical farming practices and processing came in the early 1900s, which is about 100 years ago. We'll take a look at what has happened since a century ago since we started consuming modern grain and how different it is from our ancestors who consumed grains since a century ago and still showed robustness and vitality. If grains have been consumed for at least 5,000 years and independent studies are showing the negative side effects of consuming modern grains, it begs the question of why are we now facing epidemic rates of modern diseases and disorders. Most of the breads on the market have been adulterated to the point of non recognition (by our bodies). Find out what kind of breads our ancestors consumed that contributed towards their longevity. Find out what kind of breads you can choose right now even though you don't live in the olden days. Let me know show you how to use ancestral wisdom while living in the modern world.

## Book Information

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## **Customer Reviews**

This is an excellent reference to getting a birds eye perspective on health and nutrition. It isn't all about gluten as we're often told, we are by and large not genetically predisposed to diseases but are far more influenced by environmental factors. This is an excellent reference book to have that really explains it all and just does it directly, without any unnecessary information. The author really respects the intelligence of the reader and just INFORMS you of what's really going on out there, from gluten, to GMOs, to pesticides and epigenetics. This is a must have book for when you're wanting to know what to eat and what not to eat for yourself and your family.

This is an excellent book on the epigenetic/environmental consequences of our food. It's a lot more complex than it has ever been and so important to understand the nuances. In this way, we can all make better decisions for ourselves and our families. Read this book together as a family to make sure future generations are as healthy as they can be.

Caroline Aslanian is a messenger in this masterpiece. It's about grains, ancestors, consumption of grains and much more. She broke complicated facts into palatable form that is easy to understand. Data used is reputable, and unbiased. The validity of the studies is examined and observed from those who are living proof. Caroline shares her wisdom with those who are open to learning.- Dana Ritchie, wellmanagedminds.com

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