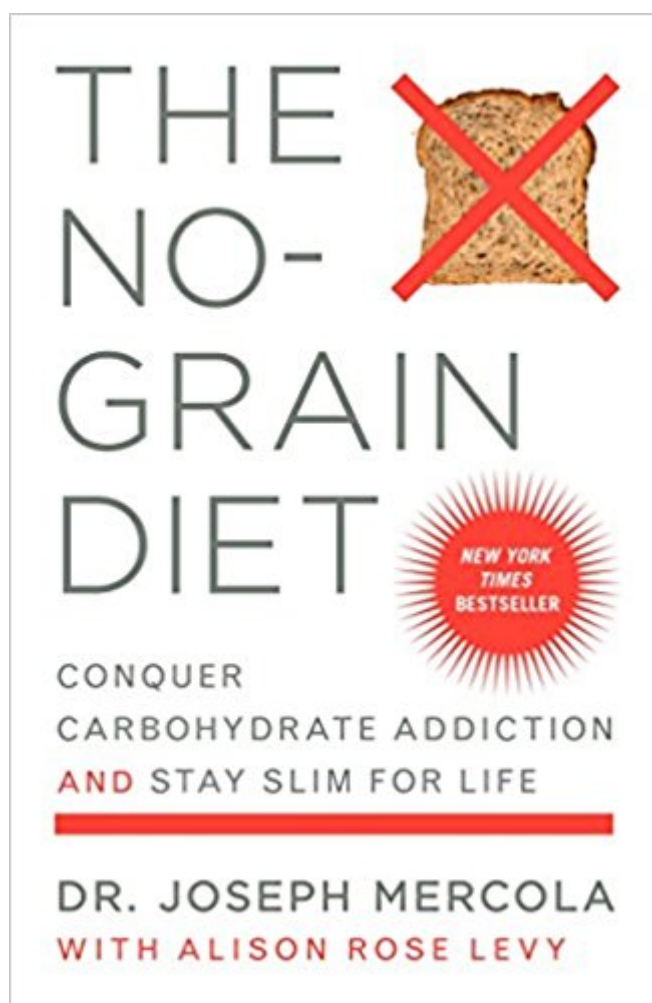


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# The No-Grain Diet: Conquer Carbohydrate Addiction And Stay Slim For Life



## Synopsis

New York Times bestseller With his revolutionary no-grain diet, online health pioneer, natural medicine advocate, and bestselling author Dr. Mercola will show you how to conquer food cravings and stay slim for life. The debate is raging from the FDA to the nightly news: Why are 65 percent of all Americans overweight or obese? The USDA says it's fat. Dr. Mercola says it's grains and carbohydrates. 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. No more cravings, no more yo-yo dieting, no more confusion. The No-Grain Diet is the last diet book you will ever need. Be on your way to good health in three days! "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

## Book Information

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## Customer Reviews

Impressively modern in design, The No-Grain Diet brings a realistic viewpoint to the problems of

weight loss in a genuine effort to improve the health of an ever-growing number of obese Americans. Offering a variety of "food plans," along with a set of techniques aimed at controlling emotional eating and cravings for "bad" foods, Dr. Joseph Mercola clearly understands how to motivate us--in one section, he suggests that rather than "living by the scale," we measure our success in relation to the fit of our favorite pair of slightly-too-snug jeans. Many recipes are included, most of which are free of the boring flavor substitutes so common in diet books. The diet itself combines several familiar concepts. The "no grain" model emphasizes organic vegetables and quality protein, with limited fruits and absolutely no simple carbs. Mercola's idea of "quality protein" is somewhat startling--he is deeply concerned about toxins, and urges grass-fed beef over potentially mercury-filled fish. His main point is frequently reinforced: refined grains of any type are basically deadly and eating them should be viewed as an unhealthy addiction.

"Don't be surprised if you never again want to eat starches, sweets, and grains!" Osteopathic physician Mercola stands on the shoulders of Atkins (and gives a nod to Gary Taubes, author of the New York Times Magazine cover article many believe blew the lid off high-carb, low-fat diets forever) to make big claims in this guide for overweight readers. Mercola's diet, which he's honed for over a decade at his Illinois wellness center, offers "near miraculous results," and will allow its followers to "permanently conquer food cravings," he says. The secret to lasting weight loss, according to Mercola, is to cut out starches, sweets and grains entirely. (Dieters on the maintenance program are allowed "healthy" grains-buckwheat, quinoa, etc.) But though Mercola offers three different eating plans (The Booster, The Core and The Advanced Food plan) and plenty of no-grain recipes, his program goes beyond mere dieting: Mercola is a proponent of the Emotional Freedom Technique (EFT), a kind of "psychological acupuncture" that he says is "the equivalent of AA for grain addiction." Developed by Gary Craig, EFT involves tapping on pressure points in the face and upper body while repeating a healing, key phrase, such as "Even though I want to have pizza, I deeply and completely accept myself." Mercola's course for weight loss is an intensive one, with rigorous rules and plenty of additional components-lifestyle changes, supplements and self-affirmations-that take a lot more energy than calorie counting. But that's the whole point, Mercola says, because cutting back on calories or carbs alone leads to temporary weight loss at best. For those willing to dedicate themselves to such a program, Mercola's guide may offer real results, and the case studies he includes should certainly help with motivation. Copyright 2003 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

The least remarkable part of Dr. Mercola's is the dietary guidelines, which are similar in many ways to other low-carb diets. What earns this book 5 stars is the program it provides to overcome the cravings that haunt low sugar/carb dieters. The program is a combination of nurturing and a technique known as "Emotional Freedom Technique"

**THE PROGRAM: NURTURING YOURSELF**\*\*\*\*\*The book sets out a program that is fairly simple, but like any major life change, requires commitment, planning, and resources (both time and money). Much of the book's program is based on nurturing, with chapters on improving sleep, eating frequent small meals, and moderate exercise. The first 3 days you need to eat every 3 hours, so you need to plan meals, shop, cook, and have containers for portable meals.

**OVERCOMING CRAVINGS WITH "EFT"**\*\*\*\*\*The book recommends overcoming cravings using "Emotional Freedom Technique". EFT is described as a do-it-yourself method of reinforcing positive thoughts and resolving emotional issues that employs tapping on acupuncture points while saying out loud a set of statements about craving food. It takes about 10 minutes a day.

**THE DIET**\*\*\*\*\*In addition to eliminating sugar and carbs (including fruit, legumes, starchy vegetables, etc.), you will be encouraged to eat organic: vegetables, grass-fed beef, free-range poultry, wild pacific salmon, etc. These foods are expensive and not readily available. Still, I find that I am saving money on this diet because I am not spending money on processed foods.

**SUMMARY**\*\*\*\*\*This book goes beyond dietary recommendations to provide an all-encompassing program that makes overcoming carbohydrate addiction an attainable goal. It requires a tremendous amount of commitment, planning, time and money, but it does offer a path to liberation from food cravings.

Lots of info, some really great, some possibly impractical. You take what you can use and leave the rest. We've had the book for about a month and have dropped both grains and pounds.

Very informative book on foods - related to our modern destructive way of eating.....choosing the right foods at the right time in the right combination is key to weight loss: also shows interesting techniques to overcome the "hunger pangs" and "food cravings" from our previous ways of eating.... Recommend to all looking for a healthy easy solution to "EATING"!

I have been reading many many books regarding weight. This is one of the most complete and up to date. The ideas are well landed, meaning you can do it!

Great

Great book from a doctor that I have bought products from in the past. Giving up carbs is very hard so really couldn't follow this diet but for someone that has more will power this is a good book with advice.

Loved the book! Am starting the plan because I'm insulin resistant!

This makes a lot of sense, but my body craves grains so I am doing the next best thing by eating more fruits and veggies!

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