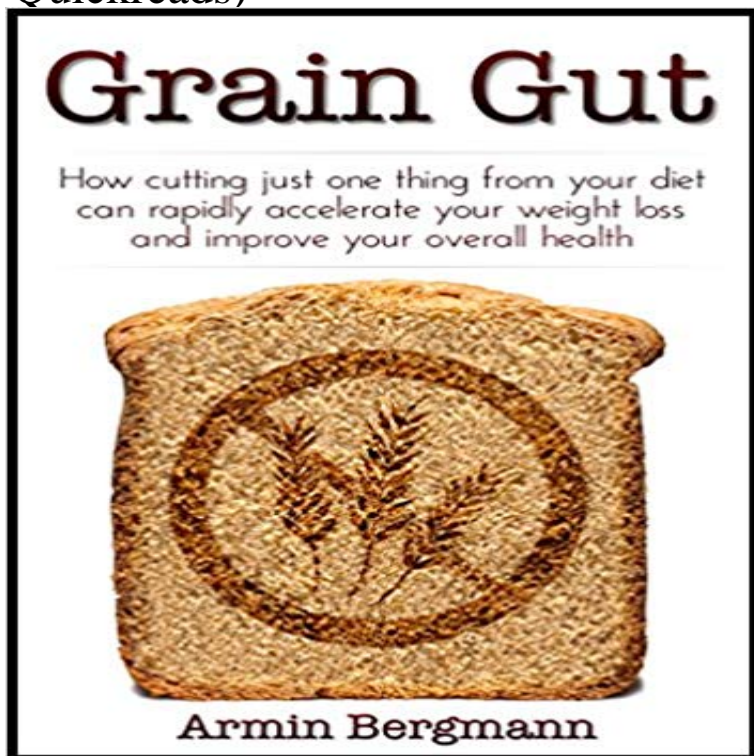


Grain Gut: How cutting just one thing from your diet can rapidly accelerate your weight loss and improve your overall health (Kindle Quickreads)



Grab this Kindle Quickread today! For a limited time, get this Amazon bestseller for just \$2.99 USD. (Regularly priced at \$4.99). Or download it for FREE with your Kindle Unlimited subscription! Read on your PC, Mac, smart phone, tablet or Kindle device. For years, we have been told that a grain-based diet is the healthiest way to eat. So we've followed that advice and developed a taste for cereals, breads, flour, pasta and granola. On top of that, most of the foods we were eating also contain large amounts of sugar. At one point, we were led to believe that this wasn't that big a deal and that all we really needed to worry about was the fat content of our food. But now, with obesity levels skyrocketing, we're starting to learn more about what's truly contributing to our weight gain. What if making just one primary dietary change was all that was necessary to begin losing significant amounts of weight? Would you believe that was possible? Would you be willing to make that kind of change if it meant being able to get back to a healthy weight? In this edition of the Kindle Quickread series, Armin Bergmann shows us how cutting just one thing from your diet can rapidly accelerate your weight loss and improve your overall health. Here is a preview of what you'll learn... How does a grain-based diet cause weight gain? How does cutting grain and sugar help with weight loss? What does a high protein, low carbohydrate diet look like? How much water do I really need to drink when I'm trying to lose weight? What can I snack on if I'm cutting grains and sugars from my diet? How can a daily, 20-minute walk contribute to my weight loss? What can I do to resist my cravings for grains and sugar? And much, much more! -- Kindle Quickreads are a series of short books that are meant to be read in one sitting. Each Quickread tackles just one particular subject. This series of books aims to give

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