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[E-BOOK] Grass-Free: The Grass-Free Diet

Grass-Free: The Grass-Free Diet

David Oxley Thompson : Grass-Free: The Grass-Free Diet before purchasing it in order to gage whether or not it would be worth my time, and all praised Grass-Free: The Grass-Free Diet:

We are naturally thin. For 1.8 million years prehistoric man hunted and gathered proteins and fats, and no one was overweight. Then, 10,000 years ago, with the agricultural revolution, historic man discovered that he could grow grasses, mainly wheat, sugar cane, and corn, ushering in the "diseases of civilization" Men and woman of leisure

became fat. The end of the Second World War allowed us to turn our attention to feeding the world, with "frankengrains" and refined food. Suddenly, we found that we all were overweight, poisoning ourselves with grasses, cereal grains, that we were never meant to eat, that our body just doesn't know how to digest. Grass-Free is a review of how to stop poisoning ourselves, how to get back to our natural weight, and how to stop autoimmune diseases like arthritis from their painful killing ways.

About the AuthorMr. Thompson is uniquely qualified to write about the intersection of biology and food. A credentialed high-school science teacher and the son of a renowned food writer, he elucidates in a few words how we, as a nation, in just a few short years, have come to be obese, and what we, as individuals, can do to get thin and stay thin.