

General Questions for The Wheat Belly Study Group1

1. Explain the relationship between Wheat, Blood Sugar, and Diabetes (pgs. 96, 103. 6, 58)
2. Describe what the author says happened to wheat in the 1960's.
3. Why does having so many chromosomes make today's wheat as bad as it is for the body?
4. Compare and Contrast Einkorn, Emmer, Goat Grass and Today's wheat. (pgs. 16-21)
5. What exactly does today's Wheat of today do to the body?
6. What is the difference between the terms Hybridized and GMO (Genetically Modified Organism)?
7. Explain the relationship of simple and complex carbohydrates to today's wheat.
8. What is Celiac Disease? How does Wheat affect it? Why is it so devastating?
9. Why is central or visceral fat accumulation (wheat belly) so important to health?
10. List several alternatives to bread made from wheat
11. What is your plan for removing wheat from your diet?
12. What is your plan for removing grains from your diet?
13. What is your plan for dining out? Or eating at a friend's house who isn't gluten free?
14. Compare and Contrast these terms: Pre-diabetes, Type 2 diabetes, Type 1 diabetes, Type 3 diabetes and Insulin resistance (pgs. 99+)
15. According to the author how does wheat impact these types of diabetes and insulin resistance?
16. What is the benefit of the Hemoglobin A1C blood test for blood sugar? (pgs. 142-144)
17. Explain how an addiction to wheat can affect your health and how it comes about.
18. Discuss the Neurological Impairments the author describes that often occur when a person eats wheat. i.e. ataxia, celiac dementia, diabetes, etc.
19. Is oatmeal okay to eat? Why or why not? (pgs. 212, 213)
20. What is the relationship between body pH and wheat consumption? (pgs. 118, 120-123)
21. Explain how you will use the 7 Day Meal Plan (pgs. 214-220)
22. Explain the benefits of a What Free Diet, according to the author. (see pg. 292 index)
23. Inflammation is at the root cause of most diseases. Explain the relationship between inflammation and wheat. (pgs. 61-63, 104, 124, 125)
24. Explain how the changes in wheat have caused an epidemic of weight gain since the 1980's. (pgs. 58- 163)
25. What is relationship between eating wheat and acne? (pg. 178+)