

## **Benefits of Removing Wheat & Wheat Gluten from Diet**

- **Weight loss—dramatic, substantial**
- **Reduced appetite/calorie intake/food obsession**
- **Blood sugar reduction**
- **Reduced joint pain**
- **Reduced inflammation (c-reactive protein)**
- **Reduced blood pressure**
- **Reduction in triglycerides, increased HDL, reduced small LDL**
- **Increased energy, improved sleep**
- **Less acid reflux, irritable bowel syndrome**



**Wheat gluten is in all prepared foods! Read the labels and avoid where possible or the opposites of the items on this page may occur.**