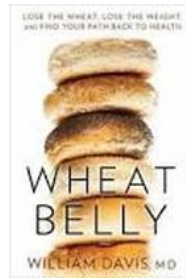


Study Guide Questions for The Wheat Belly by Dr. William Davis-- Chpts 4-6



These questions are designed to be a guide while reading the Wheat Belly book. They are in sequential order according to the pages in the Chapter. I have included the page numbers after each question. **You don't need to write out the answers,** but you may want to highlight these sections in the book or make a note in the margins about them. This is the info. I think is pertinent. You may have other points of view, which, of course, are most welcomed. We will use these questions to help guide our discussion on this book.

Part 2: Davis describes wheat's "head-to-toe destruction of health": (1) the addictive properties of wheat that can influence behavior and mood, (2) the way wheat triggers blood sugar and insulin extremes, which lead to visceral fat accumulation, (3) how intestinal permeability triggered by a protein in gluten may be responsible for the rise of autoimmune disorders and digestive disorders, (4) an argument that wheat may cause type 2 diabetes, (5) an explanation of how wheat affects the body's pH, resulting in an "acid-rich situation" and that promotes osteoporosis, (6) wheat's promotion of AGEs, which signal aging, (7) how wheat leads to heart disease by increasing triglycerides that turn into atherosclerotic plaque, (8) how the immune system's attack on nerve cells results in cerebellar ataxia and brain fog, and (9) how increased levels of insulin, and an immune reaction to gluten, can show up as acne or skin rash. Excerpted from: <http://www.dietitiansroundtable.com/wheat-belly.html>

I have underlined opinion questions for your consideration. We can use them as discussion questions, too.

Chapter 4- Hey, Man, Wanna Buy Some Exorphins? The Addictive Properties of Wheat

1. Wheat is addictive! The author personally witnessed hundreds of people report: extreme fatigue, mental fog and irritability when removing wheat from their diet. What did they do to relieve these unpleasant feelings? P. 45 Was that a good idea?
2. What did Dr. Curtis Dohan observe in the New Guinea people when wheat, barley and corn entered into their diets? P. 46
3. Schizophrenia, autism, and ADHD are all exacerbated by wheat. Why? p. 48. What does the author say about the drug Naloxone and wheat addiction? P. 49-51
4. What did Dr. Christine Zioudrou of the National Institute of Health (NIH) do to discover that wheat's polypeptides crossed the blood-brain barrier? Why is this important? Pgs. 48-49, 51
5. What are Exorphins? P. 49 Do millet and flax create exorphins? Why or why not? P. 50
6. Your brain on wheat . . . what does digestion of wheat do to the brain? P. 50
Now you know.
7. What does the author say about wheat as an appetite stimulant? P.53-54 Do you agree that wheat, specifically exorphins from gluten, generates euphoria from the brain's morphine receptors?



Chapter 5- Your Wheat Belly Is Showing: The Wheat/Obesity Connection

1. True or False? Dr. Davis: "I'd go so far as saying that overly enthusiastic wheat consumption is the main cause of the obesity and diabetic epidemic in the U.S." p. 56 Do you believe the author's notion that this is a conspiracy to fatten food & drug companies wallets?

2. In the author's opinion how do the current "Eat more healthy whole grains" and the "Cut the Fat" movement of the 60's relate? P.59 Do you think this brand new "Lose the Wheat" movement may be similar? Why or why not?
3. The extremes of blood sugar and insulin cause fat in the body and visceral organs. What does that mean? Why is this important? Pgs. 60-61
4. Explain why visceral fat is so dangerous. Define Leptin, Cytokines, Adiponectin. P. 61
5. Why is waist circumference such a powerful indicator of health? P. 61
6. Wheat belly fat is special fat . . . how does it create what the author calls a visceral fat endocrine gland that is dreadfully unhealthy? P. 62
7. High blood sugar provokes high blood insulin which then provokes visceral fat accumulation which then causes inflammatory signals that cause the body's tissues to respond less to insulin. Make a drawing of this vicious cycle. P. 62-64. This is how diabetes gets its start.
8. What hormone captured in visceral fat causes higher rates of breast cancer in women and larger breasts in men? P.64 How does it do this?
9. What ingredient in wheat causes a greater spike in blood sugar than any other food (more than a candy bar, table sugar or ice cream)? P.63 Why is this important?
10. Why does the author state that gluten free foods are not problem free? Why doesn't he recommend them? P. 72

Chapter 6- Hello, Intestine. It's Me, Wheat. Wheat and Celiac Disease

1. About 1% of the population is unable to tolerate wheat gluten. This causes Celiac Disease. What happens in their bodies when they eat wheat gluten? Pgs. p. 76-77
2. What happens to the intestinal lining in Celiac Disease? P. 76
3. True or False— Celiac Disease has increased dramatically in the last 40 years because women are breast feeding more often. What is the real reason? Pgs. 78-79
4. How do doctors test for Celiac Disease? Is it accurate? What is the difference between an antibody and a blood marker for Celia Disease? Pgs. 80-81
5. To make matters worse, the increase of Celiac Disease has been paralleled by an increase in 5 other major illnesses. What are they? P. 82
6. Intestinal permeability is a major problem with Celiac Disease. Explain what happens and why this problem is so deadly to the health of the body, i.e. blood. What is the difference between tight and lose junctions in the intestinal wall? P.83
7. What is auto-immunity? Why is this so important and how does wheat gluten cause it? P. 83
8. What are the conditions associated with '**immune-mediated gluten intolerance**'? Why do these conditions rarely get correctly diagnosed as Celiac Disease by a doctor? P. 85-88. See Wendy's story on the same pages.
9. Why does the author compare bungee jumping with eating wheat? P. 90
10. On page 91 the author discusses why it is so hard for people with Celiac Disease (and the rest of us) to stay away from wheat. . . it is everywhere! What are the places Dr. Davis lists where wheat gluten is hidden? P. 91 What other places do you know?

