

Study Guide Questions for The Wheat Belly by Dr. William Davis-- Chapters 7-10

By Claudia J. Bricks N.D. for Sheboygan Natural Health classes.

www.sheboygannaturalhealth.com

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. Underlined words are opinion questions.

Chapter 7- Diabetes Nation: Wheat and Insulin Resistance

1. Wheat is the one essential food to eliminate to prevent, reduce, or eliminate diabetes. Why? What 4 things does wheat have the incredible capacity to do? P. 96
2. If we could remove all wheat, an entire domino effect of changes could develop. What are they? P. 96 Do you agree?
3. Historically, how are wheat and diabetes closely interwoven? What did the archaeologists discover in the differences between non-wheat and wheat consuming societies? Pgs. 97-98
4. How did the Egyptians, Indians and Greeks define 'diabetes'? p. 98. Is that different than today?
5. The author states that diabetes is an epidemic today. What are several reasons he cites for this? Pgs. 100-101
6. The author has called American "helpless *wheat-a-holics*". What facts does he use to back up that statement? P. 103. Do you agree? Why?
7. Pancreatic beta cells, which are never replaced, are destroyed by **glucotoxicity, lipotoxicity and inflammatory** responses. See if you can explain all of that and what it has to do with the creation of diabetes. Pgs. 104-105.
8. Why does the author say to ignore the ADA's (American Diabetes Association) diet advice? Pgs. 106-107. What's in the diet? P. 107. Do you agree?
9. What does the author mean when he says diabetes should be regarded as a disease of carbohydrate intolerance? Pgs. 110-111. What does Dr. Westman's very strict low carb diet restrict? P. 111. Is it successful? P. 113. What do you think about it?
10. What does the author believe to be a cure for diabetes? P. 114. What low carb/low glycemic carbs does he recommend? P. 114

Chapter 8- Dropping Acid: Wheat as the Great pH Disrupter

1. pH stands for the potential of Hydrogen and is represented by a logarithmic 0-14 scale. 0-6.9 is acidic; 7 is neutral and above 7, to 14 is alkaline. An example of '0' would be bleach. An example of 14 would be ammonia. Both substances are very toxic. Stomach acid is 1.0-2.0 ish. The blood is 7.325 and needs to stay there for optimum health. According to the author, the body's overall pH needs to stay at 7.4. What happens to the pH of the body in a diet of wheat and "healthy" grains? Pgs. 116-117. What is wrong with that? How do you measure pH?

2. What happens to the bones when the body pH is acidic? Pgs. 118-119. What diseases occur from chronic acidosis?
3. What is 'glycation' and what is its relationship to wheat and how does it affect the body? P. 125
4. Explain why the author says a total wheat replacement is better than a total hip or knee replacement. Pgs. 128-129

Chapter 9- Cataracts, Wrinkles, Dowager's Humps: Wheat and the Aging Process

1. What are AGEs? (Advanced Glycation End Products). What do they do in the body? How is wheat involved with them? Why are they so awful? Pgs.133-137. This is important.
2. Measuring AGEs formation can be done with a simple blood test. . . Hemoglobin A1c (HbA1c), which is also used to test for diabetes. Explain this test & its importance. Pgs. 142-143
3. Explain why the author believes Wheat-Free is Anti-Aging. Pgs. 144-145. Do you agree? Why?

Chapter 10- My Particles are Bigger Than Yours: Wheat and Heart Disease

1. What is the difference between large and small LDL particles? Why is that important? How does this relate to "high cholesterol" and does the author think that is important? P. 147
2. What are VLDLs? How do they relate to large and small LDL particles and triglycerides? Pgs.150-151. What do carbohydrates, especially wheat, have to do with this? P. 151
3. Carbohydrates have virtually NO triglycerides in them, so why are they so critical to understand? Pgs. 153-155
4. Wheat is the head honcho of creating VLDL, small LDL and glycation. Explain why that is bad for the body. P. 159
5. What is the premise of the China Study and why did Dr. Davis include a section on it in this book? Pgs. 160-164. What do you think?