

Study Guide Questions for The Wheat Belly by Dr. William Davis-- Chapters 1-3

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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.

Chapter 1

1. What does a wheat belly represent? P. 4
2. What does the author say about the people in his hometown of Milwaukee? P.4-5
3. Many people weighing over 250 pounds are confused as to why they can't seem to stop gaining weight. What's happening to them? P.5
4. What ingredient is in every single meal and snack for the most Americans? P. 6
5. Why pick on wheat? What's in it that is so bad? Why? P. 6
6. How much does whole wheat bread increase blood sugar levels? P. 8
7. What happened to the author's patients after 3 months of being wheat free? P.9
8. What other 'cures' have happened with a wheat free diet? P. 9

Chapter 2

1. Where is wheat located in grocery store shelves? P.13
2. How is today's wheat different than the pure strains of wheat of our forebears? Pgs. 14 & 24
3. Who were the Natufians and what kind of wheat did they eat? P. 16
4. Modern commercial wheat production focusses on what intentions? P. 18
5. What is a key concept mentioned by the author regarding wheat & immune responses p. 18
6. Einkorn and Emmer wheat were around for centuries. Explain their chromosomal make-up, where they came from, and how they are alike and different. Pgs. 18-19
7. What laboratory procedures happened to pure strains of wheat to change them? P. 23
8. Who was Dr. Borlaug? What is his historical claim to fame? P.24 What do you think?
9. The IMWIC authorized and conducted many wheat breeding activities. What peculiar oversight did they forget to do? P.25 What does the author think of that?
10. What happens to wheat gluten proteins with hybridization? P. 25 Is this a good or bad thing?
11. What is the difference between hybridization and genetic modification? P.29
12. After reading pgs. 28-30, what are your feelings about what we have done and are still doing to wheat? Support your answer.

Chapter 3

1. Could today's Twinkies and donuts be made using ancient einkorn wheat? Why? p. 31-32
2. What is Amylopectin? What are the differences in glucose units in Amylopectin A, B, and C? In which foods are they found? Pgs. 32-33. Why is this important?
3. True or False—Eating 2 slices of whole wheat bread is the same as drinking a sugar sweetened soda or candy bar. P. 33 What do you feel about that?
4. The author lists the Glycemic Index (GI) of several food on p. 34. Which is higher o the GI index. . . Snickers or whole wheat? What do you feel about that? P. 34
5. What do different types of pasta do to blood sugar levels? Better or worse than whole wheat? Why is this important? P. 34
6. Explain why eating a 3 egg omelet triggers no increase in blood sugar levels and 2 slices od whole wheat bread (with amylopectin A) does. P.35
7. What are the relationships between increases in body/visceral fat, insulin, glucose (spikes/dips) and wheat? AKA wheat belly. P. 35
8. In growing, how is gluten used by the wheat plant? Pgs. 37-38
9. The term 'Gluten' encompasses what two families of proteins? P. 38
10. What happens in the body when folks with celiac disease eat wheat? P. 39-40
What must they do to stop that from occurring?