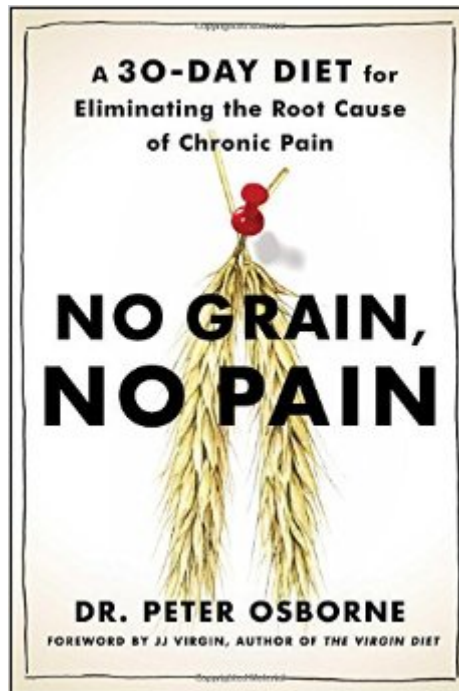


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# No Grain, No Pain: A 30-Day Diet For Eliminating The Root Cause Of Chronic Pain



## Synopsis

In the tradition of *Wheat Belly* and *Grain Brain*; *No Grain, No Pain* demonstrates the proven link between a gluten-heavy diet and chronic pain and discomfort and offers a groundbreaking, 30-day, grain-free diet plan to help you heal yourself from the inside out. More than 100 million Americans suffer from chronic pain according to an Institute of Medicine report released in 2011. For many, chronic pain is part of an autoimmune disease, but all too often doctors turn to the same solution: painkilling drugs. But all of this medication simply isn't helping, and as Dr. Peter Osborne, the leading authority on gluten sensitivity and food allergies has found, the real solution often lies in what you eat. In *No Grain, No Pain*, Dr. Osborne shows how grains wreak havoc on the body by causing tissue inflammation, creating vitamin and/or mineral deficiencies, and triggering an autoimmune response that causes the body to attack itself. But he also offers practical steps to find relief. Using his drug-free, easy-to-implement plan, you will be able to eliminate all sources of gluten and gluten-like substances, experience significant improvement in fifteen days, and eliminate pain within thirty days. *No Grain, No Pain* is the first book to identify diet specifically, grain as a leading cause of chronic suffering, and provides you with the knowledge you need to improve your health. Based on extensive research and examples culled from thousands of his satisfied patients, Dr. Osborne recommends changing your diet to achieve the relief that millions of Americans have been seeking once and for all, leading to a healthier, happier life.

## Book Information

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## Customer Reviews

I've barely gotten into this read, but can attest to the value of this book in that I've followed Dr

Osborne on FB for several years, now. I first found him after being diagnosed with Celiac Disease about six years ago. I had been sick for about 18 years before diagnosis, spent about five years on disability and fallen into a pretty routine cycle of working for about a year, year and a half, being too sick to work for about a year alternately. Upon diagnosis, I was ecstatic just to have one and fell into the recommended diet immediately and very diligently, but went into a downward spiral regardless of following all the rules, and no one could tell me why. I developed trigeminal neuralgia, ataxia, speech problems, horrible confusion, cognitive difficulties, often getting lost when going a mile from home and had begun suffering from debilitating fibro and joint pain - all after diagnosis and pretty much, all at the same time. In short, I was completely incapacitated. Dr O's advice on giving up all grains bought me a marked improvement, but still, I wasn't able to function and still, I suffered from a loss of cognitive ability and that awful confusion. True to his word, after keeping my diet very strict for some time, I realized I did react to a lot of seeds and other things that I had seen no one, but him mention as a warning to Celiac patients. It was very scary (seemed I was reacting to life itself) and with no solid advice from my doctors, who repeatedly told me I had other immune disorders that just weren't yet recognizable, that I had to wait until I deteriorated enough for their proper diagnosis so... they could put me on permanent disability and tons of meds, which to me, didn't seem like a plan.

Hope-giving! That is the best word I can think of to describe this book, at least from the perspective of one dealing with health issues, including autoimmune conditions, chronic pain, gut issues, weight issues, skin issues, etc. This is about what you can do to eliminate the root cause of your problem, rather than just treating symptoms. I had heard about going gluten-free and I thought that was just for people with bowel trouble, but I've now learned gluten can be the culprit behind so many other conditions as well. Dr. Osborne is saying that if we are gluten-sensitive (and maybe even if we aren't) we actually ought to be GRAIN-free, and he shares the science behind it, the pain that all grain can cause and why, other factors we need to check and deal with, and some of the many success stories from his 15 years of clinical practice. No grain, no pain is the main point of the book, but Dr. Osborne covers so much more, including other problem foods, foods that are beneficial, the 2 diets with meal plans and recipes to help you, and a section on Beyond Food with helpful strategies to avoid other things that are toxic to our health and to incorporate things that are beneficial. The book is very easy to read and understand. Dr. Osborne is a great teacher!!! I love how each chapter has a "What you need to know" section at the end that has summary points of what he covered in that chapter. Each chapter also has a "Bonus Feature" that gives links to more information on the web, and there are also diagrams and charts that are

helpful. I was fortunate enough to run across Dr.

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Defeat Chronic Pain Now!: Groundbreaking Strategies for Eliminating the Pain of Arthritis, Back and Neck Conditions, Migraines, Diabetic Neuropathy, and Chronic Illness  
Grain Free Diet: Against all Grain, The Surprising Truth about the Silent Killer of Wheat, Gluten, Carbs, and Sugar, The Extraordinary Grain Free Health for Weight Loss and Healthy Life  
30 Days Grain-Free: A Day-by-Day Guide and Meal Plan for Beginning a Grain-Free Diet - Improve Your Digestion, Heal Your Gut, Increase Your Energy, Lose Weight, and More!  
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Grain Brain Audiobook: David Perlmutter GRAIN BRAIN Audio CD: Grain Brain David Perlmutter  
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