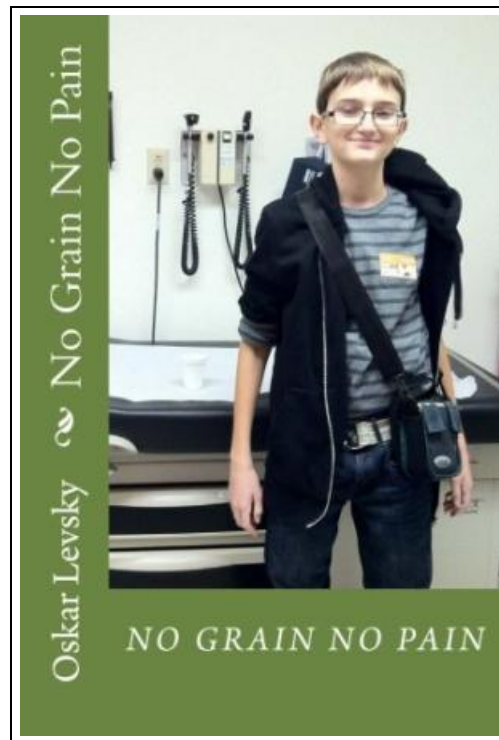


No Grain No Pain



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Reviews

Simply no words and phrases to clarify. It really is full of knowledge and wisdom You wont feel monotony at at any moment of the time (that's what catalogs are for relating to when you question me).
(Paolo Spinka)

NO GRAIN NO PAIN



CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 74 pages. Dimensions: 9.0in. x 6.0in. x 0.2in. On contrary of all doctors expectations that Max will live in pain for the rest of his life, Max completely recovered in less than six months. Maxs blood sedimentation rate was reduced 20 times. From 61 mmhr on 02112013 to back to normal 3 mmhr on 07012013. Maxs fecal calprotectin protein (colon inflammation marker) was reduced 28 times. From 504 mcgg on 12202012 to back to normal 18 mchg on 07012013. The test was done at the Mayo Medical Laboratories testing site in North Carolina Let food be thy medicine and medicine be thy food- Hippocrates of Cos (460 - 370 BC) Maxs blood C-reactive protein (inflammation marker) was reduced 12 times. From 6. 2 mgdl on 02112013 to back to normal 0. 5 mgdl on 07012013 in less than six months after changing his diet to farm fresh real food - no grains, no sugar, no starches. We were told so many times that there is no medical cure for these chronic inflammatory conditions such as Chrons Disease, and they were absolutely right because the cure is at the farm and not at the pharmacy. Inspired by solid medical evidence published in the most prestigious peer reviewed medical journals in the past 24 months, we managed to reset the clock one hundred years back to 1913 when chronic inflammatory diseases did not exist and processed foods were not invented yet. Dozens of scientific research papers were published in the past five years and new diagnostic tools were developed, revealing the real causes for chronic inflammatory conditions of the brain, stomach, heart, liver, joints . . . Instead of adding to the confusion I want to share my personal testimony...



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