



The No-Grain Diet: Conquer Carbohydrate Addiction and Stay Slim for Life

Joseph Mercola

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In **The No-Grain Diet**, Dr. Joseph Mercola, the director of the Optimal Wellness Center in Illinois, teaches readers how to lose weight-and keep it off-and end carb cravings once and for all.

With a revolutionary new approach that goes beyond the practices of *Wheat Belly*, Dr. Mercola will have readers on the road to good health in just three days with an easy-to-follow plan that rids the body of grains, sweets, and starches. Readers also learn how to normalize cholesterol levels and learn Dr. Mercola's Emotional Freedom Technique, a craving-busting tool that will permanently eliminate carbohydrate cravings and addictions.

Watch the pounds come off and achieve the next level of health, fitness, and well-being with **The No-Grain Diet**.

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