



The Whole Grain Diet Miracle

Dr. Lisa Hark, Dr. Darwin Deen

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For the first time in history, we can prescribe a weight-loss diet that has a tremendous amount of scientifically proven health benefits. Learn the miracle of whole grains, how they control weight, reduce the risk of colon cancer, diabetes, heart disease, and lower blood pressure. Just by eating three servings a day of whole grains you can lose weight permanently, live longer, feel your energy boost, and prevent heart disease. This is the first book that truly explains the health benefits of a whole grain diet.

- The first scientific explanation of why whole grains really are a miracle food
- 6-week guide to everyday eating
- 50 recipes to get started cooking with whole grains
- Features a complete list of whole grains- from the Whole Grain Council

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