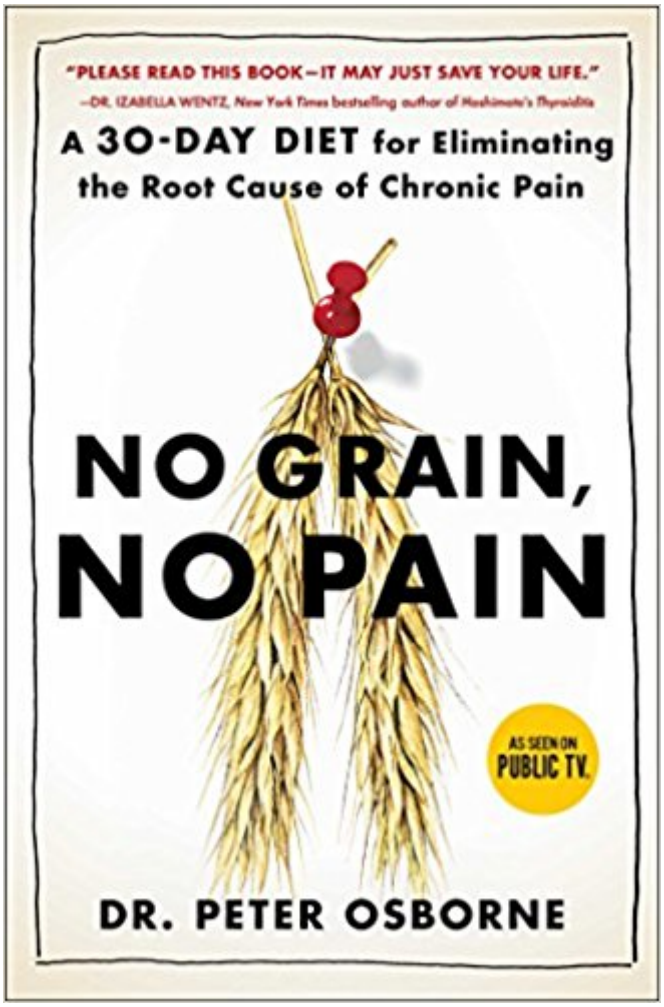
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No Grain, No Pain: A 30-Day Diet For Eliminating The Root Cause Of Chronic Pain



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Synopsis

Ã¢â ¬Å“A must-read book for anyone suffering from chronic painÃ¢â ¬Â• (Sara Gottfried, MD), No Grain, No Pain demonstrates the proven link between a gluten-heavy diet and chronic pain and discomfortÃ¢â ¬â •and offers a groundbreaking, 30-day, grain-free diet 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 isnÃ¢â ¬â„¢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 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. The first book to identify dietÃ¢â ¬â •specifically, grainÃ¢â ¬â •as a leading cause of chronic suffering, No Grain, No Pain 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

Ã¢â ¬Å“In NO GRAIN, NO PAIN, Dr. Peter Osborne destroys prevalent gluten-free myths, showing the widespread damage grains create and providing an easy-to-use, powerfully effective program that helps you become lean, healthy, energetic, and pain-free. This book's a must-read!Ã¢â ¬Â• (JJ Virgin, New York Times bestselling author of The Virgin Diet and The Sugar Impact Diet)Ã¢â ¬Å“If there is one thing I appreciate from the smart people I'm privileged to call friends, it's when they put their knowledge out there for the rest of the world to read. Peter has done just that with this brilliant book. Well-researched and well written, this book is a must read!Ã¢â ¬Â• (Leanne Ely, CNC, New York Times bestselling author of Body Clutter and founder of SavingDinner.com)"A must-read book for anyone suffering with chronic pain. Dr. Osborne transforms the way we need to look at not just gluten, but most grains and their impact on autoimmune disease and inflammation." (Sara Gottfried, M.D., New York Times best selling author of The Hormone Cure and The Hormone Reset Diet)"There are a few people I turn to when I need sound health advice. Peter Osborne is one of them. He's one of the smartest natural practitioners and easily one of the world's leading authorities on going gluten free. This book is far overdue and brings together Peter's immense knowledge and years of experience helping hundreds of pain suffers regain a happier, pain-free life." (Yuri Elkaim, New York Times bestselling author of The All-Day Energy Diet)Ã¢â ¬Å“Dr. Osborne offers many exciting new insights, in plain language, into the dynamics of celiac disease, gluten sensitivity, and how our immune systems react, and overreact, to large families of food proteins. This important book provides clear and unique instructions for following the path back to pain-free wellness. It also clarifies a variety of processes such as Ã¢â ¬Ëœgluten-free whiplashÃ¢â ¬â„¢ for those who have tried avoiding gluten with either transient or no success, along with a host of dietary insights into these widespread maladies. Dr. Osborne also delves into the dynamics of sugar-driven illnesses and gluten-driven obesity. There are few individuals in the industrialized world that would not benefit from reading this book.Ã¢â ¬Â• (Ron Hoggan, Ed. D., coauthor of Dangerous Grains)"We have a new normal and it, unfortunately, includes chronic suffering that falls through the cracks of conventional medical attention. Pain, in its many manifestations is an arena where prescription treatment can generate further complexity and leave patients with issues of incomplete relief, side effects, and dependency. Here we have an elegant solution that can offer, not only real time results around pain, but also the potential for full body transformation. Dr. Osborne provides the history, the why's, and the how's to take back your health, one meal at a time." (Kelly Brogan, MD)This book is the much needed evolution of the conversation about gluten. Dr. Osborne takes the topic to a whole new level of understanding and sheds light on the fact that gluten is not the only enemy within grain

that is capable of causing pain and disease. Dr. Osborne also creates a brand-new awareness about pain being from hidden internal chemical causes as well as the obvious structural causes. Any one of the millions of people with unexplained pain can benefit from this material. (Alan Christianson, NMD, New York Times bestselling author of The Adrenal Reset Diet and founder of Integrative Health)"Dr. Peter Osborne brings hope and healing to people with pain in his new book No Grain, No Pain by looking for the underlying root causes of pain disorders. This book will give you the information you need to become pain free without the use of habit forming medications! If you are currently suffering with pain, please read Dr.Osborne's book- it may just save your life." (Dr. Izabella Wentz)"The relationship between grain consumption and pain has never been so thoroughly analyzed as with Dr. Osborne's new book. After many years of tireless research and clinical experience, Dr. Osborne has produced an excellent resource on the theoretical motivation and practical tools needed to take back control of one's health." (Sayer Ji, Founder of GreenMedInfo.com)

Dr. Peter Osborne is the clinical director of Town Center Wellness in Sugar Land, Texas. He is a doctor of chiropractic medicine and a Board Certified Clinical Nutritionist focused on the holistic natural treatment of chronic degenerative diseases with a primary focus on gluten sensitivity and food allergies. Dr. Osborne lectures nationally to doctors on gluten sensitivity/intolerance, celiac disease, and many other nutritionally related topics. He is the cofounder of Nutra-MD and the Gluten Free Society.

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, congitive 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 lost 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. Dr O was the only one who reassured me through his postings that I could turn the situation around, if I just paid attention. So, I did and most dairy went out of my diet. Saw some improvement, but not enough to get me back to work. Paid attention a bit longer and all chemicals went out of my life. I started making all my own household and personal care products. Began filtering all my water. I hadn't realized it, but I had developed a sensitivity to chlorine just as he said might happen and getting rid of it made a huge difference. Saw more improvement, but still not enough to get back up on my feet. Still suffered from horrible confusion and that ever present ataxia and joint pain. Finally found help in defeating that when I stumbled across info on gluten ataxia in general. Yeast - sugar, caffeine, vinegars and ALL dairy - went out of my diet and remarkably, within a few weeks I was suddenly ready to go back to work. I continued to struggle with confusion for about 6-9 months, but was able to hide it well enough that I could function at my new job, which was fairly complex. I stayed completely yeast free for about a year and a half then, bought just a little of each of those things back in in very limited quantities. I do okay with sugars, caffeine and dairy now as long as I space them out and never overdo at any one time - small quantities. Except for vinegars. Vinegars will never come back bc they set off my ataxia and confusion so quickly and it takes weeks to get it back into control. I also limit my diary to hard aged cheeses and Greek Yogurt and if I must, only Whole Organic Milk. No more than one cup of coffee a day and only a few times a week. Here six years later, I am doing exceptionally well and though, I did not learn that I needed to be yeast free though Dr O, I credit him fully with helping me get everything else that enabled me to recover in line. It's been an amazing journey and thusfar, no more immune disorder diagnoses and no, never any meds. Just lots of supplements! I am one who eats no processed foods, cooks everything I put into my mouth myself and limits eating out to 1-2x a year. I've learned to make things much easier for myself by having cooking weekends when I cook several large pots of stews, sauces, casseroles, etc and freeze for the month then, just reheat when I get home at night. It works for me and I am most grateful and grateful to Dr O for teaching me how to care for myself when no one else had as much as a suggestion - other than permanent disability and continued deterioration.

This book has changed and saved my life! No hyperbole; no exaggeration. I had spent the last

many years progressively deteriorating in my health, with severe back problems, generalized pain, what I thought was globalized arthritic onset, IBS, severe erosive GERD, agonizing pain, the inability to be on my feet and walking (physical activity) more than 5-6 hours a day, and headaches. Kaiser had been pathetically useless in providing an amelioration for my condition, other than to have finally tested and affirmed that I have Celiac Disease (which I had just thought was a current trend for hypochondriacs). The pain was just getting unbearable. I was taking multiple prescription pain pains, asprin, and sleep agents every day. It got so bad, I started having toxic reactions to the medications and nearly accidentally poisoned myself. It was a nightmare that seemed hopeless, and Iwas desperate. I had already tried every diet and program under the sun, and nothing relieved the agony. I was depressed, lethargic and constantlyhurting just trying to engage in daily activities. Then I came across this book and it looked interesting, so I ordered it. I started following the plan,and eliminated all grains, all grain relatives, pseudo grains and related products such as corn and soy, eliminated GMOs, antibiotic/hormone products, and started taking the regimine of nutritional supplements the author recommended. Then, like a miracle, WITHIN 4 DAYS, I started tofeel better, then much better, then NO PAIN (not just a reduction, but NO PAIN). The generalized inflammation had just dissipated. I haven't evenneeded 1 asprin. I had been told that if you have Celiac disease, eating any of the prohibited products is the same as ingesting something you are violently allergic to. So I have been following the plan religiously, and now have more energy than I have had in 20 years (I am 62). I can go all day without becoming fatigued; almost endless energy. I am gaining more and more strength by the day. The depression is completely gone, and I feel in good spirts all day. I sleep well. My mind has been clear and memory has improved impressively. I start each day with a PALEO nutrition drink of a protein powder product (egg white and beef powder), a scoop of supergreen supplement, and the vitamin supplements. Then, I don't get the insulin/sugar spike any more, and I don't get hunger pangs. I can go for hours and not even think about food (unless I forget to take the drink before I leave the house).I did discover that you can't "fudge" with this. I decided one night that one slice of sour dough with sliced tomatoes one night wouldn't hurt much. VERY WRONG. That next morning, I woke up feeling like I had the remnants of a hang-over. Won' make that mistake again.I can't recommend this book highly enough.

I got a chance to read Dr. Peter's book before interviewing him on my Wellness for Life radio show on RadioMD late last year. I was very excited to hear about his thoughts on "grainflammation" because over 25 years ago, I discovered that my irritable bowel issues, depression and swollen, painful, sausage-shaped fingers were all due to a sensitivity to gluten, the protein in grains such as

wheat, rye and barley. Since then I have been gluten free and totally asymptomatic! What I love about Dr. Peter's book is that he goes much deeper into the root of many chronic illness we all suffer from today... that it's much more than just the typical gluten grains we are familiar with. He believes that all grains even the lower allergenic grains such as rice, quinoa etc...have some form of inflammatory triggers, natural toxins that can wreak havoc with your brain, body, mood and energy causing your fatigue, IBS, anxiety, insomnia, brain fog and much more. I love his passion and enthusiasm for living grain free! Fantastic book!

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