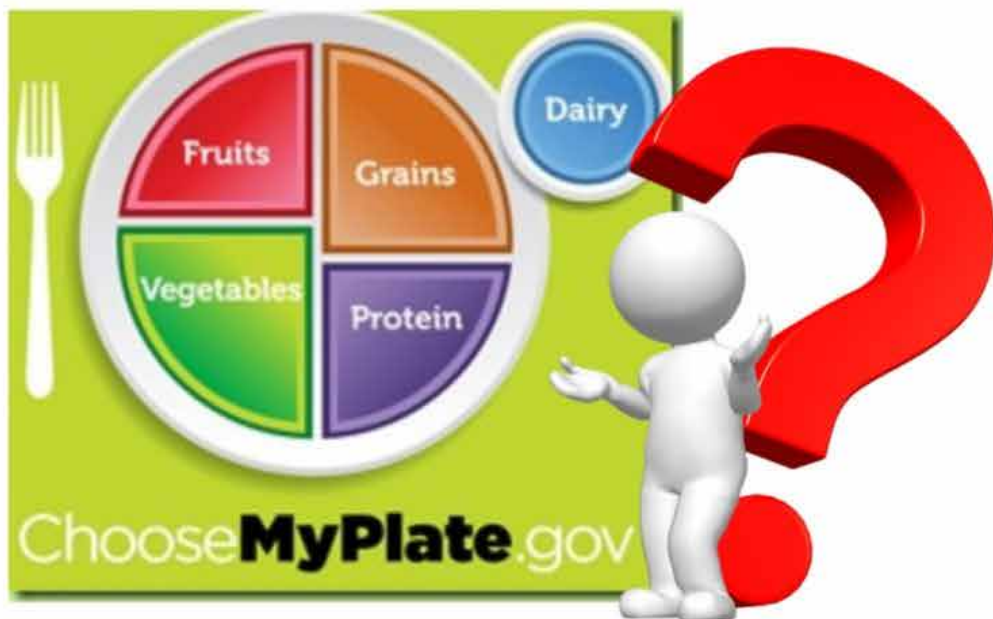


2a. Delete wheat?



Dr. William Davis, cardiologist and author of *Wheat Belly*, blames modern wheat for the 39.8% rate of obesity in America.

Davis says modern wheat, molecularly altered to increase yield, taste, and shelf life, plays havoc with blood sugar. It causes glycation which underlies aging.

Davis claims “new wheat” creates inflammatory effects that damage bone, erode cartilage, and activate disordered immune responses.