



The War on Wheat

By Forks Over Knives
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The Fifth Estate, the Canadian Broadcasting Company's investigative news series, looks at the recent anti-wheat and gluten-free trend that they call the "battle for your belly" in this documentary program. The wheat-free and grain-free trends have spread from celebrities to the media and the general population, and have also been fueled by two books which topped the New York Times bestseller lists: *Wheat Belly* by Dr. William Davis and *Grain Brain: The Surprising Truth About Wheat, Carbs and Sugar—Your Brain's Silent Killers*, by neurologist David Perlmutter.

<https://www.youtube.com/watch?v=eO3cIrNEuIc>

In the program, journalist Mark Kelley sits down and talks to Dr. William Davis, who is probably the most famous anti-wheat evangelist, about his crusade. Before publishing *Wheat Belly*, Dr. Davis was a cardiologist from Milwaukee with type 2 diabetes who was looking for a personal solution to his health and weight problems. He found it by giving up wheat, and he wrote *Wheat Belly* based on his own success and the success of some of his patients. He admits candidly that he never conducted studies or research, and that his anti-wheat platform is based on anecdotal evidence.

He now believes he's at the front lines of the "war on wheat," which he claims causes 70-80 percent of all known diseases including arthritis, lupus, multiple sclerosis, type 1 and type 2 diabetes, different types of cancers, sinus infections, depression, schizophrenia, and eating disorders.

After talking to Dr. Davis, Mark Kelley also interviews scientists and health experts about the anti-wheat movement, including chemist and professor Dr. Joseph Schwanz from McGill University and obesity doctor Dr. Tim Caulfield. He also talks to die-hard believers who testify to the weight loss and increased energy they experienced when they went wheat-free.

The Final Message

Most scientists and medical organizations will not endorse the claims made by the *Wheat Belly* camp, and the experts interviewed were clear that they couldn't

endorse a diet based on anecdotal evidence, celebrity authors, but no conclusive science.