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A Radical New Approach to Eating Healthy—Add Years to Your Life with Whole Grains

## ***THE WHOLE GRAIN DIET MIRACLE***

By Dr. Lisa Hark and Dr. Darwin Deen

Recent studies conclude that whole grains can boost weight loss, lower blood pressure, reduce risk of diabetes and cancer, and increase overall heart health. With new medical research touting the benefits of whole grains coming out every day, why are so many Americans still in the dark?

Dr. Lisa Hark and Dr. Darwin Deen promise to change all that with the spring publication of ***THE WHOLE GRAIN DIET MIRACLE*** (DK Publishing, April 24, 2006, \$24.95)—a revolutionary new book that fills the information void with scientific facts, easy-to-understand overviews of the 16 miracle grains, a 2-week jumpstart menu, 4-week whole grain diet, and fifty delicious recipes. It's a sensible eating plan that promotes better health without deprivation. Instead of telling readers to stop eating a whole category of foods, Drs. Hark and Deen encourage them to eat MORE whole grains. And with so many delicious whole grain options available, ***THE WHOLE GRAIN DIET MIRACLE*** offers a pain-free way to improve overall health, lose weight, and stave off disease. While many diet plans have been telling dieters to stop eating the “white stuff,” none have offered much in the way of whole grain options. In ***THE WHOLE GRAIN DIET MIRACLE***, Dr. Hark and Dr. Deen encourage experimentation with the more exotic (but still readily available) grains like amaranth, quinoa, and millet. Basic cooking instructions and simple recipes help even the most skittish cook take the whole grain plunge.

A study released this January from the Whole Grains Council shows that 68% of Americans are unaware that they should be eating three daily servings of whole grains. Another 47% surveyed were looking for practical ways to incorporate whole grains into their everyday diets. As public consciousness about the benefits of whole grains grows, people are seeking answers to their most basic questions about whole grains: What are they? Where are they found? What will they do to my body? How much do I need to eat to get the health benefits? Are whole grains “good carbs”? Aren't carbs bad? ***THE WHOLE GRAIN DIET MIRACLE*** answers all of these questions—and goes a step further by providing readers with a plan that will ease them into a new healthy diet abundant with interesting and delicious whole grains. With Dr. Hark's help, readers will find it easy to fit in the three servings of whole grains recommended by the 2005 *U.S. Dietary Guidelines*.

Over 600 new products containing whole grains were introduced by food companies in 2005—a sure sign that the whole grain revolution is upon us. With ***THE WHOLE GRAIN DIET MIRACLE***, readers will be armed and ready with the most up-to-date, reliable, and complete information about the real miracle of whole grains.

***THE WHOLE GRAIN DIET MIRACLE***

By Dr. Lisa Hark and Dr. Darwin Deen

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ABOUT THE AUTHORS

**Dr. Lisa Hark** is a renowned medical nutritionist with over 20 years experience in nutrition counseling. As Director of the Nutrition Education and Prevention Program at the University of Pennsylvania School of Medicine, she is a leading nutrition educator for medical students and doctors. Starting this spring, Dr. Hark will star in TLC's newest reality series, "Honey, We're Killing the Kids," where she'll give nutrition-makeovers to families across America. Dr. Hark is a mother of two and lives in Philadelphia, PA.

**Dr. Darwin Deen** is a family doctor and award-winning nutrition educator. He is Director of Undergraduate Medical Student Education for the Department of Family and Social Science Medicine at the Albert Einstein College of Medicine, where he teaches medical students and doctors in training how to help their patients improve their diets and make lasting changes to their lifestyle. Dr. Deen has practiced and taught family medicine in New York for over 30 years.

**Dr. Lisa Hark and Dr. Darwin Deen are both available for interview.  
Contact Rachel Kempster at 646-674-4051 for more information.**

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The whole grain diet appeals because it's about eating wholesome, filling food so you don't need to snack. My real weakness is that I get very hungry around 4pm and nothing seems to satisfy me. I'm going to try to get round that with bananas and oatcakes. Ambition To lose a stone. Week 1 The idea is to add whole grains to whatever you're eating, so you keep your blood sugar up and stop yourself getting hungry between meals. I've been adding grains to all my food. I'm very enthusiastic about it, and I think it's working. I've lost 3lbs. Week 2 Still happy were looking for practical ways to incorporate whole grains into their everyday diets. While the recent studies about whole grains are nothing new, the studies are actually compelling reasons for everyone to start eating them and not processed food. The first chapter of the book is called, "Health Benefits of Whole Grains" the "16 Miracle Grains" as aptly called because of their best amounts of nutrients and outstanding health benefits which bested the rest of the whole grains in the previous list. Here, the authors specifically enumerate more of the scientific evidences involving their health benefits, and their brief profiles as to where they are found or grown, how many per servings you should eat everyday to get the best of them. We asked the authors of The Whole Grain Diet Miracle, Lisa Hark of the University of Pennsylvania School of Medicine and Darwin Deen of the Albert Einstein College of Medicine, both leading nutrition educators, some basic questions about their book, The Whole Grain Diet Miracle. Questions for Lisa Hark and Darwin Deen. Amazon.com: Why isn't whole grain just another food fad? Hark and Deen: Whole grains have been a part of the human diet since agriculture was invented ten thousand years ago. Hardly a fad. They are coming back into prominence now as we have started to recognize the harm tha

Eating more healthy whole grains like whole wheat, brown rice, bulgur, oats, and quinoa can prevent many health problems such as diabetes and heart disease. Replace the refined grains in your diet with these picks for the biggest health benefits. Working these healthy grains into your diet can help prevent health problems like heart disease, diabetes, colon cancer, and possibly asthma and Alzheimer's. On the flipside, eating too many refined carbs is linked to negative outcomes, like a higher risk of ticker trouble. "100% whole grains are a key component of any nutritious diet," confirms Jaclyn London, MS, RD, CDN, Nutrition Director at the Good Housekeeping Institute. "They're a great place to start if you're looking to make a healthier choice that doesn't disrupt your whole routine. We were looking for practical ways to incorporate whole grains into their everyday diets. While the recent studies about whole grains are nothing new, the studies are actually compelling reasons for everyone to start eating them and not processed food. The first chapter of the book is called, "Health Benefits of Whole Grains" the "16 Miracle Grains" as aptly called because of their best amounts of nutrients and outstanding health benefits which bested the rest of the whole grains in the previous list. Here, the authors specifically enumerate more of the scientific evidences involving their health benefits, and their brief profiles as to where they are found or grown, how many per servings you should eat everyday to get the best of them. We asked the authors of The Whole Grain Diet Miracle, Lisa Hark of the University of Pennsylvania School of Medicine and Darwin Deen of the Albert Einstein College of Medicine, both leading nutrition educators, some basic questions about their book, The Whole Grain Diet Miracle. Questions for Lisa Hark and Darwin Deen. Amazon.com: Why isn't whole grain just another food fad? Hark and Deen: Whole grains have been a part of the human diet since agriculture was invented ten thousand years ago. Hardly a fad. They are coming back into prominence now as we have started to recognize the harm tha 224 pages : 24 cm. Provides information on why whole grains are healthy, including nutrition information on specific grains, along with six weeks of weight-loss menus and fifty recipes featuring whole grains. Includes bibliographical references and index. The miracle -- Health benefits -- The grains -- Weight-loss menus -- The recipes -- Eating out and ordering in.

In these whole grain RCT studies, we need to know what the whole grains were compared to. Did they compare eating whole grains to eating refined grains? The paleo diet, which excludes grains, was found to be more effective than conventional dietary recommendations for lowering blood sugar and insulin levels in people at risk for metabolic syndrome, according to a 2015 meta-analysis of RCTs.<sup>21</sup> Bottom line: Replacing refined grains with whole grains likely has significant benefits for blood sugar control. Whole grains are not just super foods, they're wonder foods. Slinky celebrities including Gwyneth Paltrow, Oprah and Madonna are whole grain fans - it's the diet that boosts energy as you lose weight for good. Packed with nutrients that lower cholesterol, fight heart disease and colon cancer, whole grains are the key to long lasting weight loss. From quinoa to oats, discover the nutritional powers of sixteen key grains. Then, whet your appetite with fifty mouth-watering recipes that are delicious and wholesome and enjoy practical eating plans that really do work. Forget fad diets: ea The pH Miracle Diet contains guidelines for transitioning to an alkaline diet as well as a complete program for lifelong health maintenance. pH Miracle Diet Basics. To keep your body alkaline your diet must contain at least 70 to 80 percent alkaline foods. For the most part you will be eating a high amount of raw vegetables, juices and sprouts with smaller portions of whole grains, legumes, tofu, fish, nuts and seeds. While fruits are a good food for cleansing the body and they do contain a high amount of antioxidants, they are also high in sugar and have an acidic effect. The only fruits that We asked the authors of The Whole Grain Diet Miracle, Lisa Hark of the University of Pennsylvania School of Medicine and Darwin Deen of the Albert Einstein College of Medicine, both leading nutrition educators, some basic questions about their book, The Whole Grain Diet Miracle. Questions for Lisa Hark and Darwin Deen. Amazon.com: Why isn't whole grain just another food fad? Hark and Deen: Whole grains have been a part of the human diet since agriculture was invented ten thousand years ago. Hardly a fad. They are coming back into prominence now as we have started to recognize the harm tha