

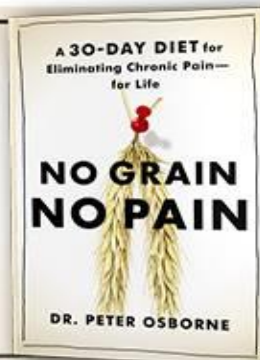


NO GRAIN, NO PAIN

DR. PETER OSBORNE

**A 30-Day Diet for Eliminating
Chronic Pain—For Life**

COMING IN JANUARY 2016



www.NoGrainNoPainBook.com

Editorial Reviews

“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!”

JJ Virgin, New York Times bestselling author of The Virgin Diet and The Sugar Impact Diet

“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

“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 ‘gluten-free whiplash’ 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.”

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 – Functional Medicine Expert

In the tradition of *Wheat Belly* and *Grain Brain*, **NO GRAIN, NO PAIN: A 30-Day Diet for Eliminating the Root Cause of Chronic Pain** (Touchstone Hardcover; January 26, 2016; \$27.00; 978-1-5011-2168-5), with an introduction by bestselling author JJ Virgin, simplifies the science of why grain causes pain and—through the health-restoring experiences of a number of author Dr. Peter Osborne’s patients—shows how a grain-free program can lead to a pain-free life. The book is full of illustrations to unpack the science behind the grain-free diet, self-tests to track diminishing pain levels, dozens of recipes for a no-grain lifestyle, and a 30-day plan to get readers started. It’s also interconnected with Dr. Osborne’s Gluten Free Society website (glutenfreesociety.org), which provides patient videos to demonstrate exactly how effective Dr. Osborne’s 30-day diet is and other supplemental material to help readers on their own health journeys.

Americans spend billions of dollars a year on medical treatments and medications, yet the number of people suffering from chronic pain grows annually. Prescription medications are often over-prescribed and their ability to help a patient is underwhelming. Additionally, millions of people experience serious or disabling side effects from the very prescriptions designed to lessen their pain. Dr. Peter Osborne can help readers find a solution to their pain by discovering the root cause and implementing a program that eliminates symptoms in the head, skin, gut, muscles, joints, and nerves

NO GRAIN, NO PAIN is the first book to identify diet—specifically, grain—as a leading cause of chronic suffering. Known as the “Gluten-free Warrior,” Dr. Osborne practices functional medicine: he finds the origins of a disease instead of simply treating the symptoms. And often, the origin is gluten (especially the hidden sources of gluten) in our diets. Dr. Osborne is the world’s leading expert on the effects of gluten on pain, and using a combination of gluten-free diet and supplementation, he has eliminated chronic pain in thousands of his patients. In **NO GRAIN, NO PAIN**, Dr. Osborne brings this proven knowledge to an even wider audience, helping readers achieve the relief that millions have been seeking for a healthier and happier life.

Enclosed please find an advance copy of **NO GRAIN, NO PAIN** for review, feature, and interview consideration. In the meantime, I encourage you to explore this comprehensive and empowering guide to living a pain-free life.

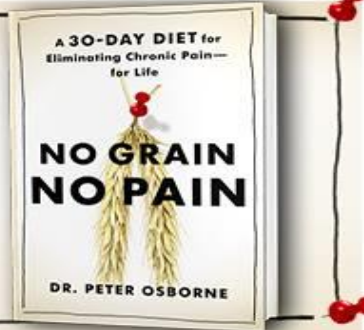


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For Interviews, Contact:

@ Sally Wood | 281-903-7527 |
marketfunctionalmedicine@gmail.com

@ Maria Whelan | Touchstone Publicity | 212-
698-7643 | maria.whelan@simonandschuster.com

NO GRAIN, NO PAIN lays out the following:

- Why foods you've always been told were 'healthy' may actually be **making and keeping you sick**.
- How painkillers and other drugs **deplete your body of vitamins and minerals vital to healing**, actually aggravating the root cause of pain.
- Why just because you don't test positive for celiac disease **doesn't mean you aren't sensitive to gluten**.
- **That glutes are present in all grains**—not just wheat, barley, and rye—and why following a traditional gluten-free diet rarely results in a cure.
- Why removing all grains (and certain other foods) can **eliminate chronic pain** once and for all.
- How to detect **hidden grains in processed foods and even personal care products**.
- Why eliminating grains can help you **achieve and maintain a healthy weight**.
- How this **30-day program** will result in **reduced pain, increased joint mobility**, as well as **improved energy**.



Dr. Peter Osborne is the clinical director of Origins HealthCare in Sugar Land, TX. He is a Doctor of Pastoral Science, Board Certified in Chiropractic Medicine and a Diplomate of the American Clinical Board of Nutrition. In practice since 2001, Dr. Osborne's clinical focus is the holistic natural treatment of chronic degenerative diseases, with a primary focus on gluten sensitivity and food allergies. He founded Gluten Free Society in 2010 to help educate patients and physicians on the far reaching effects of gluten sensitivity. He is the author of *Glutenology*, a series of digital videos and ebooks designed to help educate the world about gluten. He lives in Sugar Land, Texas.



ENCOUNTERING MYTHS ABOUT GLUTEN:

Myth: Gluten is only found in wheat, barely, and rye—and sometimes in oats.

Fact: Gluten is not a single protein found in grains; rather, it refers to a huge family of proteins. Only one protein, gliadin, found in wheat, barley, and rye has been extensively studied. Each grain has one or more types of gluten proteins. A recent study identified four hundred new forms of gluten, forty of which were more damaging than the form of gluten that doctors most commonly test.

Myth: If you are gluten-sensitive, you can safely eat whole grain substitutes such as corn and rice.

Fact: All grains contain some form of gluten. Research shows that corn (and corn oil) also produces numerous intestinal and health problems for the gluten sensitive. Corn is a grain, not a vegetable—and it is in thousands of “Frankenfoods,” aka junk-food products.

Myth: If you don’t have Celiac disease, you can eat all the gluten you want.

Fact: Celiac disease is just the tip of the gluten-sensitivity iceberg and only one of many autoimmune and other conditions it can cause.

Myth: Gluten sensitivity is the same thing as Celiac disease.

Fact: Most people (and many health professionals) think that gluten affects just the gut. They don’t realize that gluten sensitivity is in fact indicated by a host of other symptoms, from headaches to muscle pain, arthritis, and hypothyroidism. Celiac disease is only one manifestation of gluten sensitivity, which is a genetic state that can express itself through multiple painful disorders when triggered by gluten.

Myth: Lab testing for gluten sensitivity is accurate.

Fact: There is no lab test for all the different forms of gluten. When doctors test blood for gluten reactions, the test measures only one type of gluten found in wheat, barley, and rye, creating a potential false sense of security. Even the most progressive lab in the world only looks at a dozen gluten proteins.

Myth: Eating a gluten-free diet is dangerous if you’re not gluten sensitive.

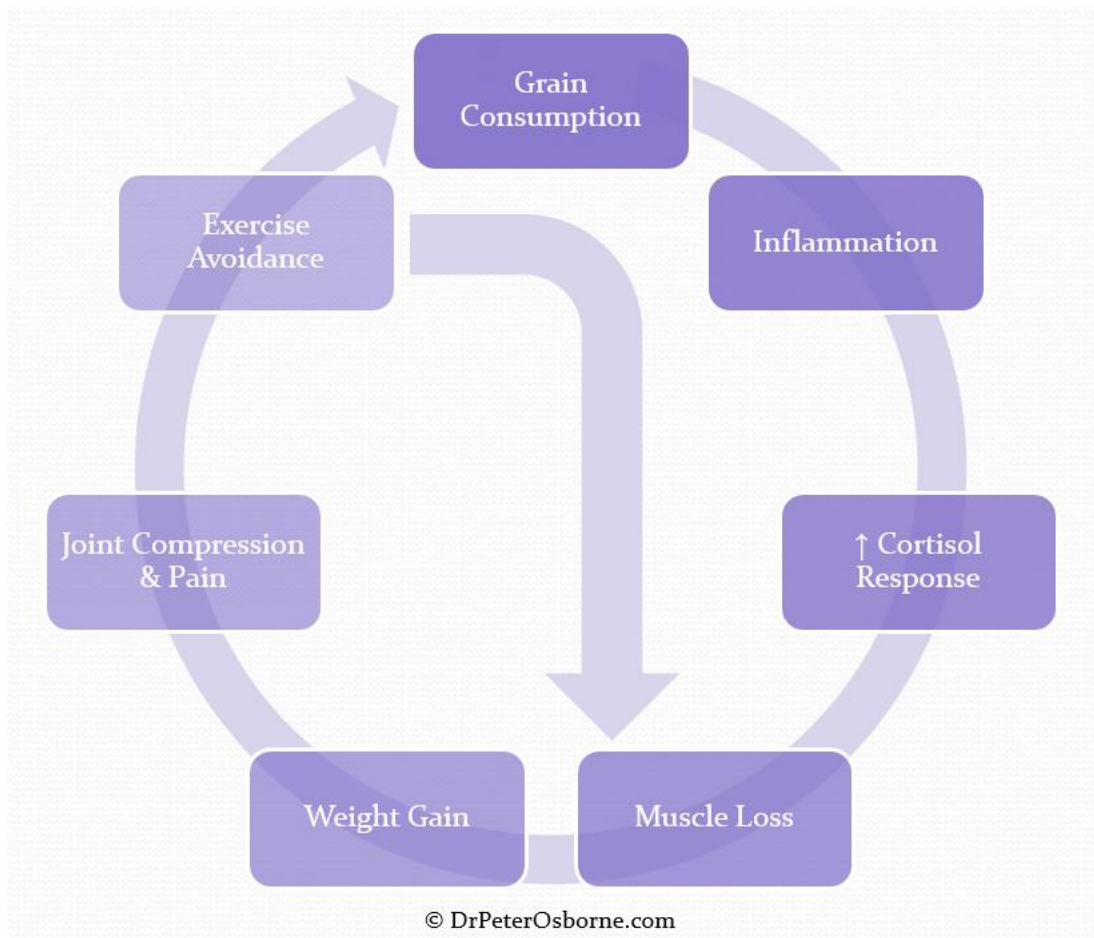
Fact: There is no scientific evidence that humans need to eat whole grains.



Possible Interview Questions For Dr. Osborne:

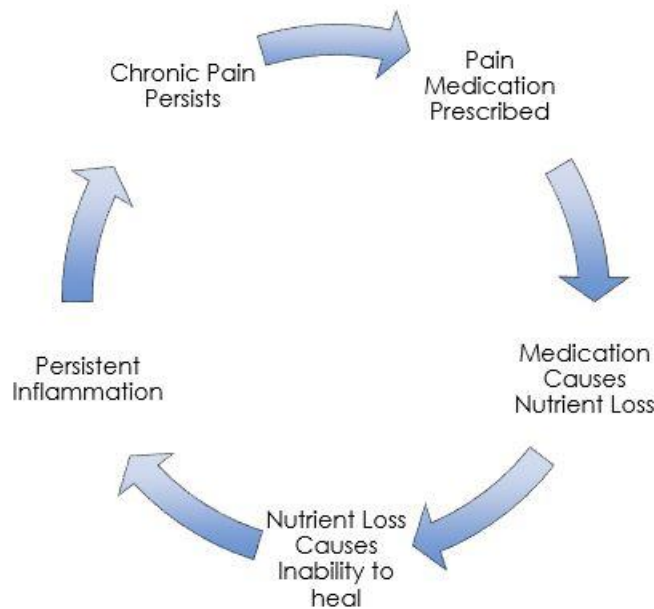
Interview Topic Option 1: The Grainflammation Cycle - how eating the wrong foods can cause inflammation and weight gain.

1. What is the connection between grain, inflammation, and weight gain?
2. Is it true that eating the wrong foods can impact muscle building hormones?
3. Can you talk a little about the Prescription Pain Medication Trap?
4. What are some natural ways to reduce pain and inflammation?
5. What type of exercise would you recommend for someone who is overweight with chronic joint pain?



Interview Topic Option 2: Grainflammation – A Revolutionary Way to Look at Food Choices

1. Grain has been a staple food for years. Why are so many rushing toward a grain free diet and finding such dramatic improvements in their health?
2. Your book talks about molds and mycotoxins as a cause of pain. Can you elaborate?
3. So many people are on medications to treat pain. One of the concepts you detail out in your book is the “*Prescription Pain Trap*”. Can you give some examples of how this works?
4. Most people associate pain with a physical limitation – i.e. low back pain, frozen shoulder. Your book elaborates on some concepts that go beyond physical pain, like hormonal pain, leaky gut, and nerve damage. Can you talk about how grain consumption can cause these problems?



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