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INTERVIEW SERIES

**Could This Seemingly
Harmless Food Be The Cause
Of All Your Health Problems?**

**An Interview With South Beach Diet Author,
Dr. Arthur Agatston**



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Dear Student,

I'm Michael Senoff, founder and CEO of HardToFindSeminars.com.

For the last five years, I've interviewed the world's best business and marketing minds.

And along the way, I've created a successful home-based publishing business all from my two-car garage.

When my first child was born, he was very sick, and it was then that I knew I had to have a business that I could operate from home.

Now, my challenge is to build the world's largest free resource for online, downloadable audio business and health related interviews.

I knew that I needed a site that contained strategies, solutions, and inside information to help you operate more efficiently.

I've learned a lot in the last five years, and today I'm going to show you the skills that you need to survive.

It is my mission, to assist those that are very busy with their careers.

And to really make my site different from every other audio content site on the web, I have decided to give you access to this information in a downloadable format.

Now, let's get going.

Michael Senoff

Michael Senoff

Founder & CEO: www.hardtofindseminars.com

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Could This Seemingly Harmless Food Be The Cause Of All Your Health Problems?

An Interview With South Beach Diet Author, Dr. Arthur Agatston

Famed author Dr. Arthur Agatston noticed something unusual with a lot of people using his South Beach Diet. They didn't want to move into Phase 2. They reported they had more energy, their psoriasis was clearing up, their juvenile arthritis was cured, etc. – all while following the guidelines in the first part of the diet, the part designed to be grain-free so dieters could lose weight more quickly. This made Dr. Agatston wonder if removing grain from people's diet had more benefits than he previously thought.

And in this audio, you'll hear how something as simple as gluten (a protein found in grain) can cause the body to attack itself resulting in everything from thyroid problems to osteoporosis.

You'll Also Hear...

- A quick (but scary) look at the science behind the way gluten reacts in the body
- Some of the miraculous results Dr. Agatston has personally seen in his practice with patients who go gluten-free (and some of his patients have had serious health problems since childhood)
- The symptoms you need to look for if you suspect your health problems might be caused by gluten

Dr. Agatston says gluten problems can pretty much affect any system in the body and cause a wide range of health issues, from neurological problems of numbness and headaches to stomach problems, lupus and anemia. The good news is – by cutting out gluten, you may be able to cure these issues without medication, and you can find out if it's the right decision for you in this audio.

Hi Kris Costello and I teamed up with Michael Senoff, to bring can bring you the world best health-related interviews. So if you know anyone struggling with their weight with cancer, diabetes, ADHD, autism, heart disease or other health issues send them over to Michael Senoff's [HardToFindSeminars.com](http://www.HardToFindSeminars.com).

Kris: Today we are talking with Doctor Arthur Agaston author of The South Beach Diet and also now the new South Beach Diet Gluten Solution. Dr. Agaston thank you so much for joining us.

Dr. Agaston: Good to be with you Kris.

Kris: So Dr. Agaston what I found very interesting was the story of how you came to write this book and how you got interested in this it wasn't something you really set out to do, right?

Dr. Agaston: Well, it's kind of fascinating because the original diet I didn't set out to do either. I was sometimes called the accidental diet doctor. My goal at the time was to prevent heart attacks and strokes and our diet was part of the puzzle. And when I became interested in the prediabetes metabolic syndrome phenomenon in this country, which I followed closely, mostly of the obesity. It led to the original South beach diet. And original South Beach Diet in the first phase, which led to wheat, was always gleamed free, to get rid of shrinking blood sugar and cravings so people could lose weight easily and quickly, without feeling they were starving themselves. And while it was intentionally grain free. It turned out to be unintentionally Gluten free, because Gluten is in of course all that wheat, rye, and barley grains and we would see some incredible results in phase one, we saw Julio arthritis and untouchable arthritis was all Psoriasis clear up, and many things that while I was very happy to take credit for, I thought with more than just a weight loss and reversal of prediabetes. And I eventually realized partly because an experience with my uncle, who was diagnosed with reactive celiac disease an extreme form of a (inaudible) problem in his seventies, I became aware of the Gluten problems and promptly decided that the Gluten free part of the first phase of the South Beach diet was why many people had burst of energy, resolved various medical conditions and often didn't want to go to the second phase in the diet. I always thought it was the faster weight lost, but I eventually realized part of it people were just feeling much better

without gluten. And so then I started taking people off gluten specifically particularly those with G.I. problems and chronic headaches and arthritic problems and heartburn and rashes and skin irritation and I was truly just amazed by the results, and thought I'd better start telling the world about it.

Kris: And Dr. Agaston in one of the things too I noticed your uncle it took years to diagnose him and he has some really serious health problems. That really badly reduced his quality of life. Does that happen frequently? And then let me ask you about some of the symptoms people might feel they are having a gluten.

Dr. Agaston: It's the only with celiac disease, which is the extreme form of subjectivity of one percent of the population that's what my uncle had. And it's often years before diagnosis is made. Anything in retrospect, he was diagnosed with the beginning of blood sugar problems, despite a good diet, about twenty years before he was diagnosed with celiac disease. And he was eventually diagnosed with type one diabetes, which is an autoimmune disease that's a disease where your body's health attack each other, that is associated with celiac and gluten problems. So that was a manifestation of a gluten problem twenty years before it was diagnosed. And in our practice we've had patients with various problems, they've been told that rheumatoid arthritis, possible lupus, all kinds of problems for 10-20-30 years, some since childhood who are in their 50's and 60's now, who are absolutely cured and when they are taken off gluten. It's almost hard to believe until you see.
For more interviews on health, mind, body and spirit, go to Michael Senoff's [HardToFindSeminars.com](http://www.HardToFindSeminars.com).

Kris: Well and it's even hard to believe when you do it, because that one of the first things I did when we had health issues in our family that we had to resolve and that was one of the first things besides switching to whole foods diet worked very well, but after a while you start thinking well maybe it really wasn't that. So what are some of the symptoms that

people might be feeling if they have some gluten sensitivity?

Dr. Agaston: You know we separate into what we call the gluten trifecta of three sources of symptom. First, the problem with gluten it gluten is a protein and it's different than protein in rice and meat and other proteins in that it's difficult to digest. And if it's not completely digested it causes inflammation and damage the small intestine, where all of our nutrients are absorbed. And that local inflammation causes stomach problems, cramping, bloating, diarrhea, constipation, heartburn, and then in areas of inflammation of blocks the absorption of certain nutrients. Or if it's in the area of your small intestine it absorbs calcium you could end up with osteoporosis. I think that's actually the source of positive osteoporosis in America. If it's an area where iron is absorbed you can develop iron deficiency anemia, which is usually due to blood loss and loss of iron competing, but you may also not be absorbing the iron normally. If it B vitamins, you can be exhausted, you can have numbness. So they're all different problems. You can have from not absorbing the nutrients from gluten problems then finally the partially digested gluten gets into our tissues, it penetrates through the lining of our guts and causes an immune reaction and with some of those gluten fragments can mimic our own tissues and if it looks like thyroid, we attack our own thyroid and many people with thyroid problems inflammation of the thyroid, it can be gluten related. If it's autoimmune, pancreas you get type one diabetes, like my uncle. It often attacks joints and causes all kinds of arthritic pain. It may attack the brain and cause headaches, so it can really hit any system and it can really prevent any doctor, I mean you can present with a neurologist with headaches, numbness, and endocrinologist with a thyroid problem, and the GI guy with abdominal problems, hematologist with anemia. It really touched to all the specialties and often the individual specialist does not put everything together and realize the problem that can be cured without taking any pills at all. Just by avoiding gluten.

Kris: That is just phenomenal to realize that such a simple solution is available to a lot of people.

That's the end of our interview, and I hope you've enjoyed it. For more great health related interviews go to Michael Senoff's [HardToFindSeminars.com](http://www.HardToFindSeminars.com).