



Defeat Wheat: Your Guide to Eliminating Gluten and Losing Weight

Brian Gansmann

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Defeat Wheat: Your Guide to Eliminating Gluten and Losing Weight, is the debut book by author Brian Gansmann, better known as the Gluten Gladiator. Brian has Celiac disease and through living with this incurable condition, he has discovered a very unique way to live healthy and lose weight. Brian will show you very easy to understand techniques on how to properly eliminate gluten from your diet and be on the fast track to achieving the kind of body that only movie stars have. Brian's love of food began at a very young age, as his parents owned several restaurants and recently celebrated their 26th anniversary in business. He grew up learning to prepare, know, and love not just ordinary food, but great food. In fact, it was this early passion for wholesome cuisine that led him into the retail advertising industry. In 2008, Brian, his business partner, and a Swiss-born chef (who is a member of the American Culinary Federation) founded a successful brokerage firm that creates new items for a number of national retailers and shopping clubs. You may have even seen Brian on NBC, FOX, CBS, ABC, and QVC talking about the benefits of adopting an all-natural diet. Defeat Wheat is his debut book.

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