

Chaz Bono joins the wheat-free movement

By Dr. Davis | May 29, 2013

Nutritionist Samantha Grant passed this impressive weight loss and health chronicle about celebrity Chaz Bono onto me:

In November, 2012, I was approached by The Doctors TV show to work with Chaz Bono.

Chaz needed to lose 80-100 lbs in 9 months. He was facing multiple health challenges, including diabetes and heart disease. As this was going to be documented on national television, the pressure was on for both of us!

First off, I knew that a gluten-free/grain-free diet was an absolute must. This single, but critical, change has vastly improved the health of all of my clients, not just Chaz. I always advise that they read Dr. Davis' Wheat Belly as a homework assignment when they begin working with me. Clients who have suffered for years with debilitating fatigue, allergies, weight loss struggles, IBS [irritable bowel syndrome] and other digestive disorders have all been helped by my "just eat real food" approach.

As Chaz's transformation was to be documented on national television, there were several things I needed to do—and fast.

1. Bring down inflammation—STAT.
2. Design a meal plan low in starchy carbs and sugar, high in protein and healthy fats and—of course—tasted good!
3. Make it sustainable. His changes weren't just about the next 9 months—I needed to set him up to succeed with a healthy lifestyle for the rest of his life.

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Did I mention this process was being televised to millions of people?

Immediately, I began to reduce his intake of all grains, not just wheat/gluten. We eliminated all forms of soy, dairy, corn and sugar, as well. Chaz began drinking a protein shake to start his day.

Chaz enjoyed goat cheese and flax crackers as a snack a few times week. Goat cheese molecules are much smaller than dairy and are more easily digested. The crackers provided him with some crunch and texture that he enjoys.

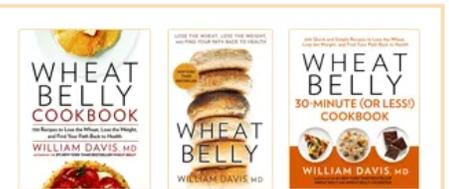
During the next important phase, Chaz made the necessary jump to grain-free living. The results were remarkable: Inflammation decreased even further; his cholesterol, blood pressure and blood sugar all dramatically improved. You can watch the segment where we revealed his numbers [HERE](#).

Chaz has since reported that he no longer has cravings and feels better.

“To me, it was never really about a number,” he told People Magazine. “It was just about getting healthy and feeling and looking better. So I’m just kind of letting my body dictate. I’ve been eating the same way now for months and months and that hasn’t changed. I’m going to have to eat this way for the rest of my life.”

Nothing satisfies me more than when a client has made a permanent lifestyle change for the better. My proven plans are always designed with that in mind—long term, sustainable lifestyle solutions.

I am very proud of Chaz for trusting me and taking the gluten free—now Wheat Belly—approach. He was motivated by the initial weight



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loss, but what keeps him and many others on the plan is how much better they feel.

As of May 2, 2013—just 5 months into his program—Chaz has lost an astounding 60 pounds, along with impressive reductions in blood sugar/hemoglobin A1c, blood pressure, and total cholesterol. Read his most recent update on my website [here](#).

Chaz is getting lots of attention for his successful health and weight turnaround. Here's [another](#) recent discussion about his transformation from the Huffington Post. Imagine the torture and frustration that Chaz has been spared by Samantha's insight. Had he been advised—like millions before him—that he had to cut calories and exercise more, well, he'd likely be 10 pounds lighter, yes, but tired, frustrated, and poised to regain everything. Instead, he did the *opposite* of what conventional “wisdom” advised and enjoyed a magical health transformation.

Thanks for passing on this wonderful story, Sam! Contact nutritionist Samantha F. Grant through her [website](#).

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