



The CSIRO (an Australian government research organisation) reports that, “as many as 1 in 10 Australian adults were avoiding or limiting their consumption of wheat-based products.

Over half of those who were avoiding wheat were also avoiding dairy-based foods.

At the same time, health authorities inform us that dairy is essential for strong bones and teeth, and it results in reduced risk of heart disease, stroke, hypertension, type 2 diabetes, metabolic syndrome and colorectal cancer.

What are the facts regarding dairy and wheat - it may surprise you.

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