Gliadin, he says, has an opiate-like effect that makes wheat addictive. Davis’ list of toxic wheat properties is exhaustive, and his conclusion is that our only recourse is to completely eliminate it from our diets. But there are members of the scientific community who cry foul at Davis’ theories. An article in the University of California’s Wellness Letter points to the fact that obesity levels are still rising even though consumption has decreased, so wheat can’t be the only villain. The authors say there’s not enough clinical evidence to make the case against modern... Jones, Julie. “Wheat Belly— An Analysis of Selected Statements and Basic Theses from the Book.” Cereal Foods World, July-August 2012. (Aug.)