Why Does this Site Require Cookies?

This site uses cookies to improve performance by remembering that you are logged in when you go from page to page. To provide access without cookies would require the site to create a new session for every page you visit, which slows the system down to an unacceptable level.

What Gets Stored in a Cookie?

This site stores nothing other than an automatically generated session ID in the cookie; no other information is captured.

In general, only the information that you provide, or the choices you make while visiting a web site, can be stored in a cookie. For example, the site cannot determine your email name unless you choose to type it. Allowing a website to create a cookie does not give that or any other site access to the rest of your computer, and only the site that created the cookie can read it.

In her article, "Wheat Belly—An Analysis of Selected Statements and Basic Theses from the Book" published in Cereal Foods World, Jones assesses many of the statements provided by Davis. While Davis finds that eliminating wheat from the diet creates rapid weight loss and may cure or mitigate conditions such as type 2 diabetes, asthma, and joint pain, Jones reminds readers that many diets that severely restrict calories are successful in the short term. Further she notes that significant weight loss, regardless of the inclusion of wheat or not, helps relieve or cure conditions such as those listed.