

Wheat Belly author Dr. William Davis at Symposia Theatre Nov. 16



Anthony Bonaparte

Dr. William Davis, an American cardiologist and New York Times best-selling author of *Wheat Belly* and the *Wheat*

Belly Cookbook, who for the past 10 years been advocating the elimination of wheat from our daily diets, will take to the stage of the Symposia Theatre (1000 Sherbrooke St. W.) this Saturday, Nov. 16 at 7 p.m. to further spread the word.

Davis believes the wheat we consume today — including the whole grain variety — increases blood sugar more than

most other foods and that cutting it from our diet will not only lead to weight loss, but relief from a number of health problems.

He uses the term 'wheat belly' to describe the collection of deep, visceral, fat that encircles the organs of the abdomen — a phenomenon that's plaguing Canadians, Americans and a growing number of people around the world. "Their tummies grow with this inflammatory fat and this goes with diabetes and increased risk of heart disease and even cancer," said Davis during a recent telephone interview.

To back his assertions, he lists former patients who were transformed within days, weeks or months after starting his regime.

"Acid reflux and the bowel urgency of irritable bowel syndrome go away within five days. Joint pain in the wrists and fingers are gone within five days. Migraine headaches in most people are gone within five days. People with paranoia, anxiety and fatigue are better within five days. People with ulcerative colitis and Crohn's disease are better within several weeks and are often cured within several

months. People with other autoimmune or inflammatory conditions like rheumatoid arthritis, lupus ... and 70 other conditions have marked improvement within weeks to months," he said, adding, "It sounds stupid simple doesn't it? ... Not to mention, it's free."

Davis blames "Frankenwheat," a term used to describe wheat that has undergone decades of cross-breeding and hybridization to create high-yield crops, resulting in the shorter, stockier "dwarf wheat" that we eat today.

"This is 18- to 24-inch tall creation of genetics research. It's not the four-and-a-half foot tall fields of grain that we all think of. That was true when we were kids but it's no longer true."

He says these new strains began their development in the 1960s, were introduced in the late '70s, but were only embraced by farmers in the mid '80s. They then underwent even further changes, mostly generated by research that took place in Mexico, and the end result began taking over of store shelves in the early '90s.

They contain twice the number of chromosomes and a high level of a

Open House – For the Love of Dog



There's a new doggy daycare in town! On October 10th "For the Love of Dog" held an Open House. Visitors dropped in with/or without their dogs, to see the West End's newest doggy daycare. Owner Raquel Ansky had the opportunity to meet some of her soon-to-be students. For more info visit 5136 Decarie Blvd. (corner Queen Mary) or call 514.575.5419.

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ADVERTISING FEATURE

Red Ginger gains notice in West End for fine and healthy Asian cuisine

By Mike Cohen
The Suburban

Tony Yung says there is a reason for the growing popularity of Red Ginger, located at the corner of Decarie Blvd. and Monkland Ave. in NDG. By customizing dishes, using less salt and grease in the preparation process and buying only fine quality produce, this is not your average restaurant serving up Asian cuisine.

Yung, who already operates the very successful Tao Restaurant in Westmount, assumed ownership of Red Ginger — which also includes under the same roof the much smaller Cafe I Ching (Oriental vegetarian dishes) — a few months ago and he has made some well-received changes to the menu. The dinner for two for only \$29.88 includes Cantonese, Thai, Szechuan and vegetarian options and a table d'hôte, with four course meals ranging in price from \$12.50 to \$15, includes soup, a spring roll, the main course and dessert. A new seafood menu is now being introduced. For \$16.95 there is a choice of soup along with either sole, Atlantic salmon, Asian bass or Java Sea barramundi — steamed, stir fried or deep-fried.

Red Ginger has seven different soups to choose from, a series of entrées and then beef, poultry and rice and noodles



Owner Tony Yung is proud of his efforts at Red Ginger.

dishes. There are combination dinners for one, soup meals and vegetarian choices. For those who want meat alternatives, there are soya nuggets.

Bookings are already taking place for Christmas parties. The restaurant can accommodate 70 diners and one of the rooms has a door that closes, providing groups some privacy if they so desire.

Red Ginger is located at 4242 Decarie. The dining room is closed on Monday and Tuesdays, but still open for deliveries (\$15 minimum order) beginning at 5 p.m. Regular opening hours are 11:30 a.m. to 2:30 p.m. and 5 to 10 p.m. Wednesday through Sunday. For reservations, call 514-488-0096. You can view the entire menu www.restaurantredginger.ca