

Sample Radio Interview Questions - WWW

Questions

1. Cyndi, you've been a nutritionist for over 30 years, what changes have you seen over the years in the food we eat?
2. You mentioned in your documentary 'What's With Wheat?' that you noticed that you had aches and pains in your body, and went on an elimination diet, what did this involve?
3. In particular when you cut wheat out of your diet what did you notice as well as what happened when you reintroduced it back into your diet?
4. Specifically, how has wheat changed over the years?
5. Do you believe that is one of the main reasons why there has been a steady increase in the number of people with celiac disease and non gluten celiac sensitivity?
6. What specifically is non gluten celiac sensitivity?
7. How have the agricultural methods of wheat changed over the years?
8. How much of a problem is the use of chemicals being sprayed on the crops nowadays, in particular glyphosate?
9. I've heard the term 'wheat is in everything', I understand that wheat has been added to a lot of pre-packaged food, as well as cosmetics, why is this?
10. What is 'leaky gut', and how does it affect people's health?
11. What changes do you recommend we take, if we want to make improvements in our diet?
12. When people choose to give up wheat, what do you find their biggest challenges are?
13. If we take bread and cereals out of our diet, what do you suggest we eat instead?
14. How can our listeners get more personalised help if they need it? I understand you offer a number of programs.
15. We've talked a lot about your documentary 'What's With Wheat?', where can people watch it?