



MODERN WHEAT IS POISON

The Hidden Health Crisis No One is Telling You About

CYNDI O'MEARA

Cyndi O'Meara is an internationally acclaimed Australian nutritionist with over 30 years' experience. She's an international best-selling author (17 years with Penguin) whose new documentary 'What's With Wheat?' will be released on Netflix in late May.

Cyndi is the founder of Changing Habits, a health, nutrition and organic health food business, founder of Functional Nutrition Academy and hosts the highly acclaimed Up For A Chat podcast. She was named one of the Australian 100 Women of Influence 2016 and Sustainable Business Woman of the Year Sunshine Coast, Queensland.

Cyndi's family's health crisis with hemophilia, AIDS, cancer and autoimmune disease to name a few, drove her to find the best way to counteract her disastrous genetic lottery. She uses food and lifestyle to be the healthiest person she can be. Through Cyndi's own research and knowledge she inspires, empowers and educates others to improve their potential, both physically and mentally.



Why have we become so wheat intolerant? Cyndi O'Meara's new documentary 'What's with Wheat?' investigates the growing epidemic of wheat intolerance and why after eating wheat for thousands of years, it has been linked to so many health problems.

STORY IDEAS

- 1. What's With Wheat? The Truth They're Not Telling You.**
Could modern wheat production and the amount of wheat we consume daily be contributing to the global health crisis?
- 2. Is Your Health In The Microwave?**
How to break the cycle of ready-made packaged meals
- 3. Anxiety And Depression: What Mental Disorders Have To Do With What You Eat**
How the food you eat affects your moods
- 4. Slow Suicide: Should Glyphosate Be Banned From Food Production?**
How herbicides are destroying your gut and overall health
- 5. Change Your Pantry, Change Your Life**
Steps to change your food and eating habits to have endless energy
- 6. Confused When You Go To The Supermarket?**
7 simple steps to select the right food for your body
- 7. Is Your Middle Age Spread Out Of Control?**
5 easy steps to regain your waistline through food, not exercise

AS FEATURED IN



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