

Take the BoulderFest “No Grains” Challenge!

**See if the Paleolithic Approach to Grains Suits You!
Eliminating Grains May Improve Your Health Dramatically!**

Our ancestors lived their entire lives without grains—we should do it at least for one month and see if we receive health benefits. For many, this has led to a great increase in health, and is one you cannot duplicate by taking supplements or adding something to your diet. In this case, something must be removed, and there is no substitute for it!

Our Challenge to You:

If you can avoid consuming all types of grains for one full month, you will receive \$50 off of BoulderFest 2008.

If you’ve already signed up, not a problem: we’ll give you a \$50 refund as long as you complete your notarized diary by the time of the conference.

Rules of the Challenge

- You may not consume any grains for 30 days. (See list below.)
- Food journal must be kept for entire month.
- Completed journal must be notarized.
- Include in your journal a summary of how you felt on your “grain-less” diet.
- Mail notarized journal to Crayhon Research, Inc., 5355 Capital Court #101, Reno, Nevada 89502, Attn: Robert Crayhon
- Deadline for submission of journal: If you do it close to the seminar date, you can bring it to BoulderFest in person. But you must have it completed and notarized!

All Grains Must Be Avoided for Thirty Days:

Amaranth
Barley
Buckwheat
Bulgur (Cracked Wheat)
Corn
Couscous
Kamut
Millet
Oats
Quinoa
Rice (all varieties)
Rye
Spelt
Teff
Triticale
Wheat Berries
Wheat Germ
Wheat/Whole Wheat

And, you must avoid all grain products: Bread, breadsticks, cereal, rolls, pasta, etc.

Frequently Asked Questions

No rice? That's right. No rice.

What if I slip up once! No slip ups! It will ruin the possible health benefits. You must start over!

But what if they sneak wheat flour in a soup when I eat out? Grill the wait staff! Ask them what is in the soups and the gravies.

Can you give me a menu plan to help me get going? Sure, ask for one and we will either mail or email it to you.

Is this a low carb diet? Not necessarily—you can eat all the fruit and berries and vegetables and starchy foods such as beans, peas and tubers such as sweet potatoes you desire. You may eat all varieties of nuts and seeds. You can eat chocolate! Just no grains.

Is this a low calorie diet? No—you decide how much to eat. This is simply a no-grain diet.

What about chocolate covered almonds? Fine—if they have no grains, you can eat them.

Should I check with my physician before starting this diet? Yes, that's a good idea.

Crayhon Research, Inc., 5355 Capital Court #101, Reno, Nevada 89502
(877)-CRAYHON • www.CrayhonResearch.com