

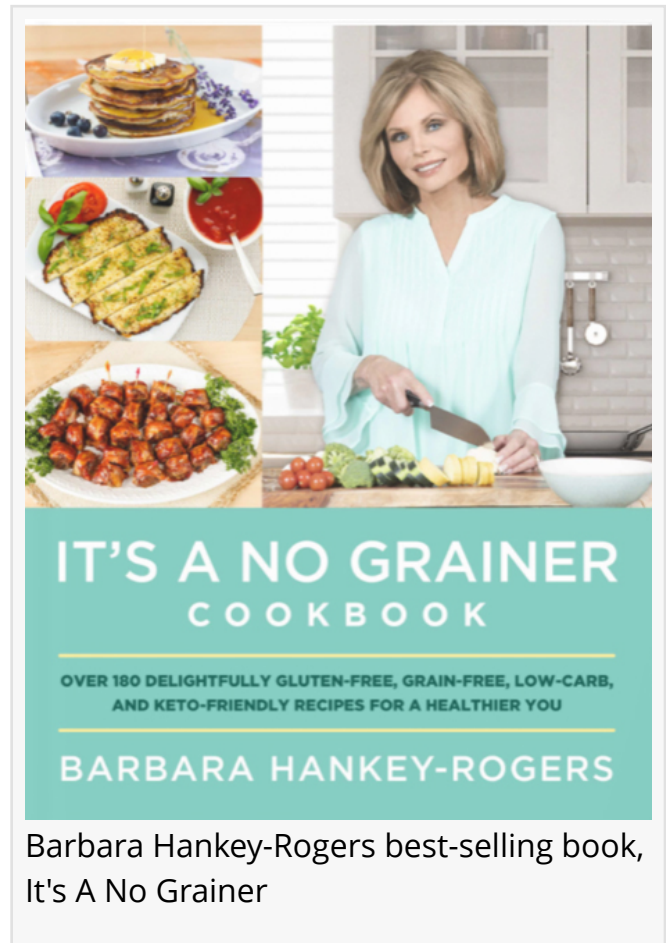
Barbara Hankey-Rogers Grain-Free Lifestyle Is A "No-Brainer"

A Grain-free lifestyle and diet is helping so many people with health challenges.

PALM SPRINGS, CA, USA, January 30, 2023 /EINPresswire.com/ -- Recently Southern California resident, Barbara Hankey-Rogers released an amazing grain-free cookbook called, 'It's A No Grainer.' [Get book Here](#). At 74 years young, Barbara is helping people of all ages discover the great gift that comes with living a grain-free lifestyle. As an avid Pickleball player, taking no medications, and at her ideal weight, Barbara inspires those around her to delve into a grain-free lifestyle.

Like many people, Barbara tried low-fat, Vegan and gluten-free diets but none of these worked for her. So, what is all the fuss about to living a grain-free lifestyle? There are a variety of potential benefits to following a grain-free diet.

<https://chat.openai.com/chat>



Barbara Hankey-Rogers best-selling book, It's A No Grainer

1. Weight loss: Some people may find that they lose weight on a grain-free diet, as grains can be high in calories and removing them from the diet may lead to a reduction in calorie intake.

“

Life is amazing when you savor how you live, how you work and how you eat”

Barbara Hankey-Rogers

2. Improved digestion: Some people find that they experience fewer digestive issues, such as bloating and gas, when they eliminate grains from their diet.

3. Increased energy: Some people report increased energy levels on a grain-free diet, potentially due to a reduction in inflammation or improved blood sugar control.

4. Improved mental clarity: Some people find that they experience improved mental clarity and

focus on a grain-free diet.

5. Improved physical performance: Some people find that they experience improved physical performance, such as increased strength and endurance, on a grain-free diet.

6. Better blood sugar control: A grain-free diet may improve blood sugar control in people with diabetes or prediabetes.

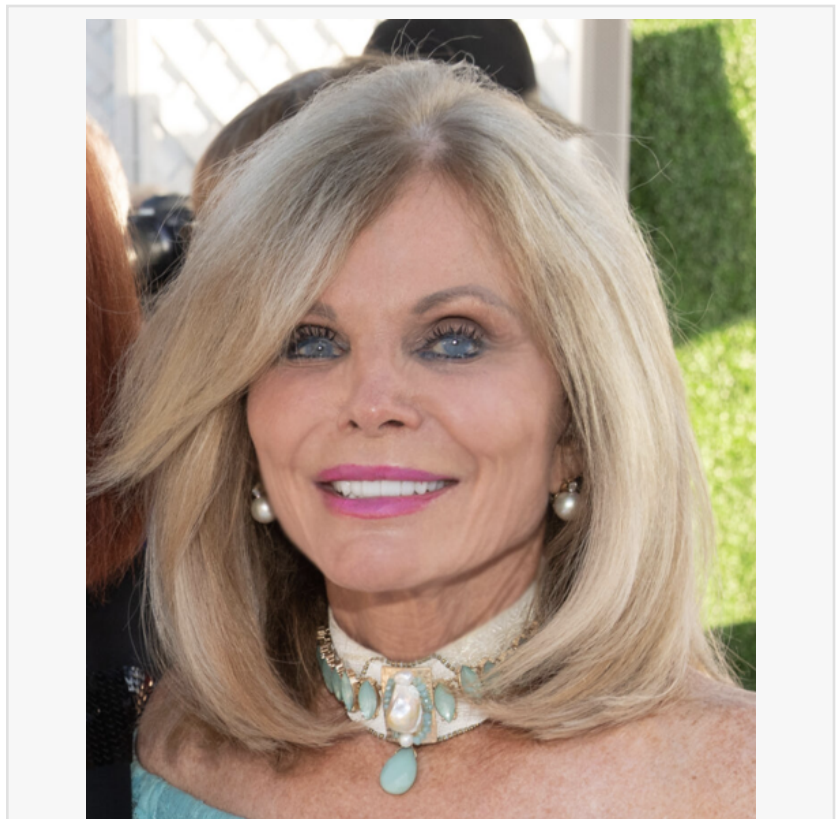
7. Improved cardiovascular health: Some studies have suggested that a grain-free diet may improve markers of cardiovascular health, such as blood pressure and cholesterol levels.

8. Improved skin health: Some people find that they experience improved skin health, such as fewer acne breakouts, on a grain-free diet.

9. Increased nutrient intake: A grain-free diet may lead to an increase in the intake of certain nutrients, such as healthy fats, protein, and vegetables.

10. Allergy and intolerance management: A grain-free diet may be helpful for managing allergies or intolerances to grains.

To those that haven't yet explored a grain-free lifestyle, 'It's A No Grainer' cookbook introduces over 180 recipes that are not only grain-free, but absolutely delicious. [Learn more about grain-free living here.](#)



'It's A No-Grainer' Author, Barbara Hankey-Rogers



Grain-Free living never tasted so good

Rogers reminds readers, "Life is amazing when you savor how you live, how you work and how you eat," It is a no-brainer to be a no-grainer!

Barabar Hankey-Rogers

It's A No Grainer

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