Why Does this Site Require Cookies?

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What Gets Stored in a Cookie?

This site stores nothing other than an automatically generated session ID in the cookie; no other information is captured.

In general, only the information that you provide, or the choices you make while visiting a web site, can be stored in a cookie. For example, the site cannot determine your email name unless you choose to type it. Allowing a website to create a cookie does not give that or any other site access to the rest of your computer, and only the site that created the cookie can read it.

Wheat Belly—An Analysis of Selected Statements and Basic Theses from the Book

Wheat Belly book is captured by the author’s statement in the introduction, “I’d like to make the case that foods made with wheat make you fat…. I’d go as far as saying that overly enthusiastic wheat consumption is the main cause of the obesity and diabetes crisis in the United States.” Analysis – Breeders do select for a number of characteristics in wheat. These include increased yield, disease resistance, tolerance to drought and other agronomic conditions, improved nutrient content through measures to increase total protein or the amino acid lysine, and improved breadmaking quality.