

## WAS ESSEN DIE DEUTSCHEN?

### HOW GERMANY'S MARVELOUS BREAD HELPED ME OVERCOME FOOD ANXIETY

Back in the UK, Rachel Loxton avoided eating bread after reading too many articles on its alleged health risks. But seeing how readily skinny Germans snacked on wholegrain Schrippen caused her to re-evaluate her attitude.



It was only as I bit into my second Laugenstange (pretzel stick) of the day that I realized I had rebuilt my problematic relationship with bread.

That was a few weeks ago, but for years I had tried to avoid any kind of bread, believing it was the root of my problems. It's not that I had an intolerance to gluten and I'm not a sufferer of the debilitating coeliac disease. But I had read countless articles on why eating bread would lead to piling on weight and health difficulties.

I struggled with self-esteem and body confidence issues during my 20s and took these warnings to heart. Cheese on toast and tuna sandwiches were banned from my stomach, but this only led to cravings – and, looking back, it didn't actually make me healthier at all, only more anxious.