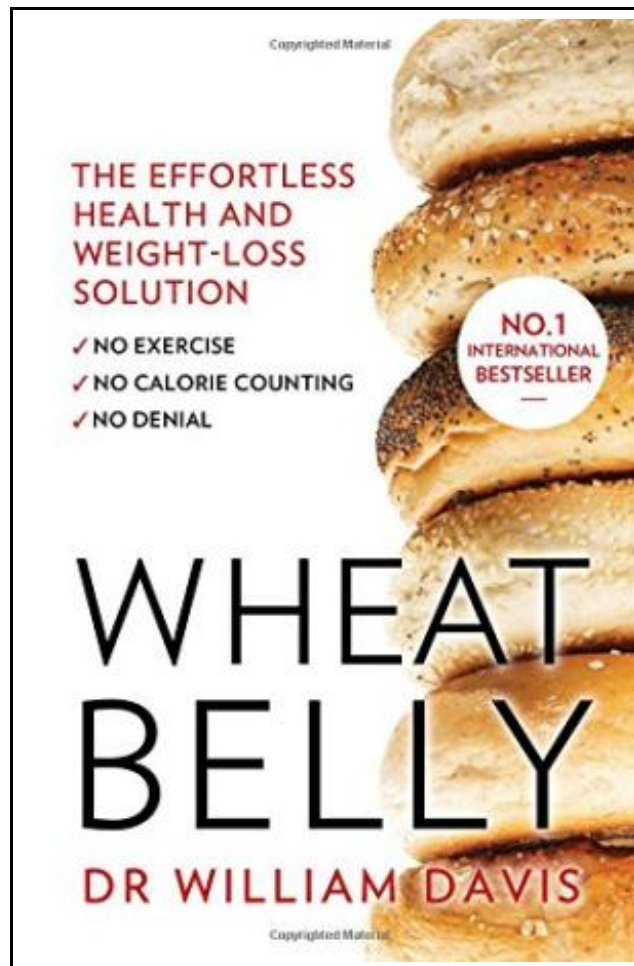


## Wheat Belly Plan: The Effortless Health and Weight-Loss Solution - No Exercise, No Calorie Counting, No Denial



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*The book is fantastic and great. It is definitely basic but shocks in the 50 percent in the pdf. Its been printed in an remarkably basic way and it is just soon after i finished reading this publication in which really changed me, change the way i believe.*

*(Dr. Lukas Hills DDS)*

## WHEAT BELLY PLAN: THE EFFORTLESS HEALTH AND WEIGHT-LOSS SOLUTION - NO EXERCISE, NO CALORIE COUNTING, NO DENIAL



HarperCollins Publishers. Paperback. Book Condition: new. BRAND NEW, Wheat Belly Plan: The Effortless Health and Weight-Loss Solution - No Exercise, No Calorie Counting, No Denial, William Davis, Renowned cardiologist William Davis explains how eliminating wheat from our diets can prevent fat storage, shrink unsightly bulges and reverse myriad health problems. Every day we eat food products made of wheat. As a result millions of people experience some form of adverse health effect, ranging from minor rashes and high blood sugar to the unattractive stomach bulges that preventative cardiologist William Davis calls 'wheat bellies'. According to Davis, that fat has nothing to do with gluttony, sloth or too much butter: it's down to the whole grain food products so many people eat for breakfast, lunch and dinner. After witnessing over 2,000 patients regain their health after giving up wheat, Davis reached the disturbing conclusion that wheat is the single largest contributor to the nationwide obesity epidemic - and its elimination is key to dramatic weight loss and optimal health. In Wheat Belly Davis exposes the harmful effects of what is actually a product of genetic tinkering being sold to the public as 'wheat' and provides readers with a user-friendly, step-by-step plan to navigate a new, wheat-free lifestyle. Benefits include: substantial weight loss, correction of cholesterol abnormalities, relief from arthritis, mood benefits and prevention of heart disease. Informed by cutting-edge science and nutrition, and numerous case studies, Wheat Belly is an illuminating look at what is truly making us sick.



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