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However, not in this case. The refined wheat products are killing our nation and our people. How much wheat does the Chinese consume? Try none! Why not? They don't want their health care costs to be the size of the US. This book: lose the wheat, lose the weight will also show you how to lose the high cost health care bills.

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Wheat Belly Lose the Wheat Lose the Weight and Find

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Wheat Belly Lose the Wheat Lose the Weight and Find

The book The Wheat Belly by William Davis, M.D. should be required reading for everyone in the world. We've all heard about the No Carbs approach in diets like Atkins, South Beach etc. Efforts have been made to explain and counter arguments about toxicity etc. were made to discredit all of those diets as they were too restricting.

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I lost a large portion of that weight during the initial six months. In revelation, I must say I got stuck at 230 for a while and went to a Ketogenic eating regimen (read way of life) then the weight reduction kicked-off again with high speed.

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Summary Wheat Belly By William Davis Lose the Wheat

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I saw "Wheat Belly" but was turned off by the "lose the wheat, lose the weight" tagline at the top because I thought it was just a fad diet. I wasn't looking to lose weight--I was looking to feel better. A couple days later it kept coming up in my searches, so I decided to download it to my Nook. It is definitely NOT a diet book. It's a very informative, well-researched look at the wheat

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Wheat Belly Lose the Wheat Lose the Weight and Find

Wheat Belly is a provocative look at how eliminating wheat even so-called healthy whole grain wheat from our diets is the key to permanent weight loss and can offer relief from a broad spectrum of health and digestive problems.

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Wheat Belly Lose the Wheat Lose the Weight and Find

A renowned cardiologist explains how eliminating wheat from our diets can prevent fat storage, shrink unsightly bulges, and reverse myriad health problems.

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Have you heard about the book Wheat Belly Book - Lose the Wheat, Lose the Weight? About three months ago, I made a decision to make a drastic change in my diet after reading the book Wheat Belly

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