LOSE THE WHEAT



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In Wheat Belly, Davis exposes the harmful effects of what is actually a product of genetic tinkering and agribusiness being sold to the American public as "wheat" and provides readers with a user-friendly, step-by-step plan to navigate a new, wheat-free lifestyle.

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Wheat Belly Lose the Wheat Lose the Weight and Find

In this book you get a lot of sciency explanations for why wheat is bad. That's important, and while I see myself as kind of a nerd, I skipped some of the pages or just briefly browsed through because it was so theoretical.

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Cardiologist and Author William Davis talks about the benefits of eliminating wheat from your diet. For more info, please go to www.globaltvbc.com.

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Wheat Belly Lose the Wheat Lose the Weight and Find

He calls his book The Wheat Belly, as wheat is the widest used and mos 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 toxidity etc. were made to discredit all of those diets as they were too restricting.

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