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Wheat Belly: Lose the Wheat, Lose the Weight, and Find Your Path Back to Health | William Davis | ISBN: 3520700000720 | Kostenloser Versand für alle Bücher mit Versand und Verkauf durch Amazon.
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Wheat Belly Lose the Wheat Lose the Weight and Find

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.
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Lose Wheat Lose Weight by Antoinette Savill Goodreads

Eating wheat makes us bloat up - and is often the cause of headaches, skin conditions, tiredness, digestive discomfort and needless weight gain too. Lose wheat and you will lose weight. Cutting out wheat should be an easy route to weight - loss but the modern diet means wheat is often in every meal
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Lose Your Wheat Belly Pt 1 The Wheat Belly Diet Lose

The Wheat Belly Diet: Lose the Wheat, Lose the Weight Joined by controversial doctor, William Davis, Dr. Oz reveals the key to losing your wheat belly. Learn why Dr. Davis thinks he's cracked the code on how to get a flatter belly, healthier heart, and a sharper brain by going wheat-free.
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On the other hand, (people who follow wheat-free diets) naturally consume 350 to 400 fewer calories per day because they aren't craving food every 1.5 to 2 hours," says Davis, adding that by
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