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### **Wheat Belly Cookbook 150 Recipes to Help You Lose the**

The Wheat Belly Cookbook encourages its reader to give up wheat to help the reader lose weight and improve their health. It offers recipes for breakfasts, main courses, breads, snacks, etc. Recently I received allergy test results that indicate I am moderately allergic to wheat, which was a surprise to me.

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### **Wheat Belly Lose the Wheat Lose the Weight and Find**

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 Cookbook 150 Recipes to Help You Lose the**

More than a cookbook by far, "Wheat Belly Cookbook" is a combo of Dr. Davis' "Wheat Belly" and 150 of his recipes. I bought the original "Wheat Belly" for my T2 diabetic husband to read, and he's starting on it (against his will, because he's a die-hard bread fan). I'm not a hysteric, and I don't fall for every diet fad or rumor that I hear.

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