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Wheat Belly in the public forum. Wheat Belly became a New York Times bestseller within a month of publication in 2011. Davis says that all modern wheat, which he refers to as "Frankenwheat", is as toxic and as addictive as many drugs and makes people want to eat more food, especially junk foods.

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Book Summary: Wheat Belly by William Davis, MD. Reproduced from The Healing Project 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**

WILLIAM DAVIS, MD, is a New York Times bestselling author and a cardiologist who advocates unique, insightful, and cutting-edge strategies to help individuals discover the health hidden within them. His blog, wheatbellyblog.com, has been visited by millions of people. Dr. Davis has also shared his passion for wheat-free living on national television shows including

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