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Dr William Davis Cardiologist Author of Wheat Belly Books

The Wheat Belly books and cookbooks, Blog, and Wheat Belly Lifestyle Institute help create a grain-free lifestyle for readers and their families while not sacrificing nutrition, variety, or taste. Rich and delicious breakfasts, main meals, desserts, holidays and entertaining all easily fit into a healthy grain-free lifestyle following the Wheat Belly methods.

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Wheat Belly by Dr William Davis Book Review

Wheat Belly, the 2011 book by preventive cardiologist Dr. William Davis, argues just that and more in a persuasive case that indicts wheat for (seemingly) most of the health ills of mankind.

<http://ebookslibrary.club/-Wheat-Belly--by-Dr--William-Davis-Book-Review.pdf>

Wheat Belly by William Davis Foods to eat and avoid

Wheat Belly (2011) is a an anti-wheat book that also recommends a low-carb diet and avoiding bad fats and cured meats. Gluten-Free. Eat unprocessed, real foods including vegetables, meats, raw nuts and seeds.

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Wheat Belly Hot Coconut Flaxseed cereal. Low carb, gluten free hot breakfast or supper 'porridge'. This can also be altered with the addition of dried fruit, chocolate chips, cocoa powder, fruit jam, sweetener or other sugary substances.

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Wheat Belly's X-Rated Chocolate-Flax/Almond variation. Low carb chocolate treat from Dr. William Davis'

Wheat Belly Blog. I am trying to get calorie/carb counts for the variations of this treat.

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