

wheat belly diet revealed pdf

Description : Wheat Belly shook the foundations of the diet world when author and renowned cardiologist William Davis revealed that an epidemic of adverse health effects--from mysterious rashes and high blood sugar to stubborn belly fat (so-called "wheat bellies")--could be banished forever with one simple step: Saying goodbye to wheat. The Wheat Belly Cookbook built on that foundation with hundreds of delicious, family favorite recipes with a wheat-free makeover.

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Wheat Belly shook the foundations of the diet world when author and renowned cardiologist William Davis revealed that an epidemic of adverse health effects--ranging from minor rashes and high blood sugar to the buildup of stubborn belly fat (so-called "wheat bellies")--could be banished forever with one simple step: Saying goodbye to wheat. The Wheat Belly Cookbook takes readers to the next level with over 150 fresh and delicious wheatless recipes, including Breakfast Quesadillas, Braised ...

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Dr. William Davis, cardiologist, author of the New York Times Bestselling Wheat Belly Books, and health crusader for the wheat-free, grain-free lifestyle

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