

[PDF] Wheat Belly: Lose The Wheat, Lose The Weight, And Find Your Path Back To Health

William Davis MD - pdf download free book

"Remember when you thought acid-washed jeans and big hair looked great? Probably around the same time you thought eating whole grain cereal, whole bread, and other gluten products were good for you. Thankfully, those 90s trends are dead, and Dr. William Davis has reminded wheat as the health food impostor it always deserved to be in his fabulous, groundbreaking book *Wheat Belly*!"

— J. J. VIRGIN, *OMG CHIEF*, bestselling author of *THE VIRGIN DIET* and *THE VIRGIN DIET COOKBOOK*

WHEN WHEAT BELLY WAS FIRST PUBLISHED IN 2011, it caused a huge sensation and changed the national conversation about health and weight loss. And Dr. William Davis' provocative indictment of one of the biggest staples in your diet continues to inspire countless people to "lose the wheat." Now this #1 New York Times bestseller is finally available in paperback.

After receiving thousands of patient requests for help by going up-wheat, Dr. Davis reached the startling conclusion that wheat is an increasingly clear and common cause of insulin resistance and the single biggest contributor to the nationally debilitating problem—and the realization of wheat is top for the chronic weight loss and general health in his national bestseller. Dr. Davis provides readers with a new, friendly, step-by-step plan to manage a non-wheat free lifestyle, informed by cutting-edge science and research. *Wheat Belly* is an illuminating book on a crucial issue affecting Americans and an action plan to clear our plates of this amazingly toxic ingredient.



WILLIAM DAVIS, MD, is a cardiologist who believes that health should be in the hands of the public, so he uses science, logic, and common-sense strategies to help individuals discover the health hidden within them. His blog, wheatbelly.com, has been visited by millions of people. Dr. Davis has appeared in print for wheat-free living in national television shows including *The Dr. Oz Show* and *CBS' The Morning Show*. He is also the author of *Wheat Belly Cookbook* and *Wheat Belly 90 Minutes* (Dr. Lucy Goodwin). His new book, *Wheat Belly: Total Health*, will be released in the fall of 2016. He lives in Wisconsin. You can find Dr. Davis and *Wheat Belly* on Facebook and Twitter.



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Description:

Over 200 million Americans consume food products made of wheat every day. As a result, over 100 million experience some form of adverse health effect, ranging from minor rashes to high blood

sugar to unattractive stomach bulges preventative cardiologist William Davis calls "wheat bellies." According to Davis, that excess fat has *nothing* to do with gluttony, sloth, or too much butter: it's due to the whole grain wraps we eat for lunch.

After witnessing over 2,000 patients regain health after giving up wheat, Davis reached the disturbing conclusion that wheat is the single largest contributor to the nationwide obesity epidemic—and that elimination of wheat is key to dramatic weight loss and optimal health. In national bestseller, Dr. 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.

Informed by cutting-edge science and nutrition, along with case studies from men and women who have experienced life-changing transformations in health after waving goodbye to wheat, *Wheat Belly* is an illuminating look at what is truly making Americans sick and an action plan to clear our plates of this seemingly benign ingredient.

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