

[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 steel-washed jeans and big hair looked great? Probably around the same time you thought eating whole grain cereal, wheat bread, and other gluteal pseudo-health foods were good for you. Thankfully those 30s trends are dead, and Dr. William Davis has reminded wheat as the health food poison it always deserved to be in the fabulous, groundbreaking book *Wheat Belly*."

—J. VIRGIN, *OK! GUY's* bestselling author of *THE VIRGIN DIET* and *THE VIRGIN DIET COOKBOOK*

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

After witnessing thousands of patients regain health by going up wheat, Dr. Davis reached the startling conclusion that wheat is an increasingly more acute component of our diet and the single largest contributor to the nationwide obesity epidemic—and that elimination of wheat is key to dramatic weight loss and optimal health. In his national bestseller, Dr. Davis presents readers with a new lifestyle, one by one, step plan to integrate a new wheat-free lifestyle, informed by cutting-edge science and nutrition. *Wheat Belly* is an illuminating look at what truly is making Americans sick and an action plan to show our planet the way to a healthier, longer life.



WILLIAM DAVIS, MD is a cardiologist who believes that health should be in the hands of the public, so he advocates simple, 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 shared his wisdom for wheat-free living on national television shows including *The Dr. Oz Show* and *CSI: The Morning*. He is also the author of *Wheat Belly Cookbook* and *Wheat Belly 30 Minutes (Or Less) Cookbook*. His next 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.



Books Details:

Title: *Wheat Belly: Lose the Wheat,*

Author: William Davis MD

Released: 2014-06-03

Language:

Pages: 304

ISBN: 1609614798

ISBN13: 9781609614799

ASIN: 1609614798

[**CLICK HERE FOR DOWNLOAD**](#)

pdf, mobi, epub, azw, kindle

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.

- Title: Wheat Belly: Lose the Wheat, Lose the Weight, and Find Your Path Back to Health
 - Author: William Davis MD
 - Released: 2014-06-03
 - Language:
 - Pages: 304
 - ISBN: 1609614798
 - ISBN13: 9781609614799
 - ASIN: 1609614798
-