

Wheat Belly: Lose the Wheat, Lose the Weight, and Find Your Path Back to Health

By William Davis MD

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Wheat Belly: Lose the Wheat, Lose the Weight, and Find Your Path Back to Health By William Davis MD

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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
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Editorial Review

Review

“Fascinating, compelling, and more than a little entertaining, Wheat Belly may be the most important health book of the year.” *?Dana Carpendar, author of 500 Low-Carb Recipes*

“Dr Davis' comprehensive, readable and witty book reveals that wheat, far from being the staff of life, is in fact the stuff of nightmares. Take his advice to lose wheat from your diet and you'll likely be paid back many times over in the form of a slimmer, healthier body and a better functioning brain.” *?Dr. John Briffa BSc MB BS nutritional physician and author of Waist Disposal*

“Davis makes a compelling case” *?Fort Worth Star Telegram*

About the Author

William Davis, MD is a preventative cardiologist whose unique approach to diet allows him to advocate *reversal*, not just prevention, of heart disease. He is founder of the TrackYourPlaque.com program. He lives in Wisconsin.

Users Review

From reader reviews:

Angel Echols:

Here thing why this specific Wheat Belly: Lose the Wheat, Lose the Weight, and Find Your Path Back to Health are different and trustworthy to be yours. First of all reading through a book is good but it really depends in the content from it which is the content is as scrumptious as food or not. Wheat Belly: Lose the Wheat, Lose the Weight, and Find Your Path Back to Health giving you information deeper including different ways, you can find any e-book out there but there is no guide that similar with Wheat Belly: Lose the Wheat, Lose the Weight, and Find Your Path Back to Health. It gives you thrill reading through journey, its open up your own eyes about the thing which happened in the world which is maybe can be happened around you. You can bring everywhere like in playground, café, or even in your method home by train. If you are having difficulties in bringing the printed book maybe the form of Wheat Belly: Lose the Wheat, Lose the Weight, and Find Your Path Back to Health in e-book can be your alternative.

Billy Stinson:

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are many kinds of book that exist now. The authors these days always try to improve their talent in writing, they also doing some analysis before they write to the book. One of them is this Wheat Belly: Lose the Wheat, Lose the Weight, and Find Your Path Back to Health.

Donald Spada:

This Wheat Belly: Lose the Wheat, Lose the Weight, and Find Your Path Back to Health is brand new way for you who has attention to look for some information mainly because it relief your hunger associated with. Getting deeper you into it getting knowledge more you know or perhaps you who still having bit of digest in reading this Wheat Belly: Lose the Wheat, Lose the Weight, and Find Your Path Back to Health can be the light food for you because the information inside this kind of book is easy to get by anyone. These books create itself in the form which can be reachable by anyone, that's why I mean in the e-book application form. People who think that in guide form make them feel tired even dizzy this e-book is the answer. So there isn't any in reading a e-book especially this one. You can find what you are looking for. It should be here for you. So , don't miss the item! Just read this e-book kind for your better life in addition to knowledge.

William McCoy:

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