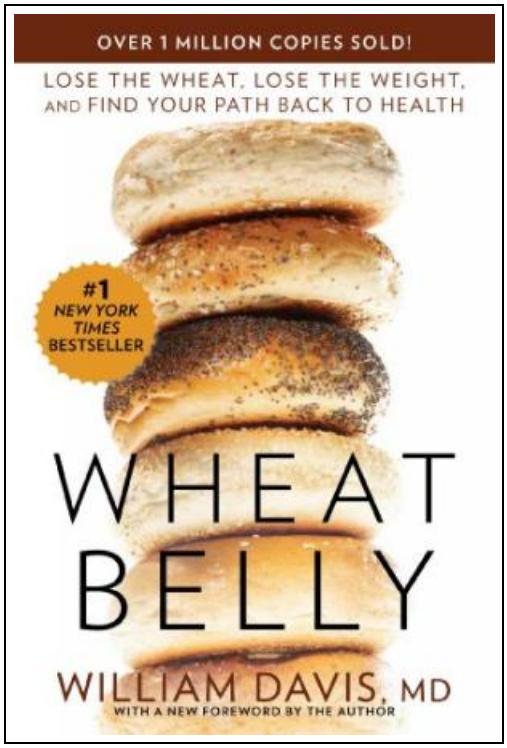
Wheat Belly: Lose the Wheat, Lose the Weight, and Find Your Path Back to Health



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(Prof. Triston Smitham V)

WHEAT BELLY: LOSE THE WHEAT, LOSE THE WEIGHT, AND FIND YOUR PATH BACK TO HEALTH

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Rodale Incorporated. Paperback / softback. Book Condition: new. BRAND NEW, Wheat Belly: Lose the Wheat, Lose the Weight, and Find Your Path Back to Health, William Davis MD, William Davis, 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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