

Wheat Belly Cookbook

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Summary:

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Dr. William Davis | Cardiologist & Author of Wheat Belly Books The Wheat Belly Cookbook and 30-Minute Cookbook provide the day-to-day tools to succeed in the wheat-free lifestyle. Wheat Belly Total Health picks up where the original Wheat Belly left off, showing the reader how to reclaim health by mending all the health disruptions left by grain consumption. Wheat Belly Cookbook : William Davis : 9781609619367 The original Wheat Belly helped spawn a wheat-free revolution. Now, the principles articulated in the first book have caused many readers to ask for more information on just how to accomplish this shift in food choices away from wheat and towards foods that are least harmful and most nutritious.

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