**Personal Introduction:**

Maintenance of a healthy life is essential in helping you keep up with the hectic daily routines. We often find ourselves avoiding the healthy diet plans recommended by popular nutritionists who have spent years researching for the healthiest food products available. Often, we overlook the side effects produced by the intake of diets that are commonly consumed around the world. Unlike the perception of many, consumption of wheat is one such example that is responsible for health issues such as weight gain and heart problems. I didn’t realize that until I consulted health experts and nutritionists regarding my abnormal weight gain, who blamed the regular intake of wheat for the damage. In the past, I had been following diet plans prescribed by my doctors. These diet plans included the use of wheat products that did little benefit to my health. Due to persistence of my health problems, one day I consulted nutritionists to see if there was something wrong with my diet plan. After thorough research and numerous meetings with health experts as good as Dr William Davis, I came to the conclusion that intake of wheat should be properly monitored. Despite the numerous advantages of wheat, the health experts recommend limiting the intake of wheat. To maintain a balanced diet plan, such advice needs to be taken into consideration. However, you should not reconsider your diet plan without the consent of guidelines delivered by nutritionists such as William Davis. In his book Wheat Belly, he explains exactly why excessive intake of wheat can be harmful to your body.

**About the Author:**

William Davis, MD, practices in the field of preventive cardiology. His studies and research work in the fields of food and nutrition have influenced him to him advocate for prevention and even reversal of heart diseases. Along with writing and practicing medicine in Wisconsin, the author is also a Medical Director and founder of the popular Track Your Plaque program (www.trackyourplaque.com) that deals with common heart diseases. Numerous patients are benefitting from such programs. According to the author, to completely eliminate the factors that directly result in occurrences of heart diseases, obesity and other common diseases, the proven nutritional principles have to be considered. In his book, he refers to some of the most common misconceptions regarding wheat and the solution to the problems caused due to much intake of unhygienic foods.

**About the Book:**

Wheat Belly by Dr. William Davis is created to deliver the message in a compelling way. The book acts like a substitute to a personal guide present for consultation at all times. According to the author, a good health results by promoting a healthy diet instead of promoting drugs and other unhealthy products of the pharmaceutical companies. We often see advertisements of weight-loss programs. However, these programs don't always produce the desired results. This book has been produced to carry a well devised plan that can guarantee gradual, if not instant results. Many patients look for treatment centers to get rid of health issues related to weight, heart and memory. This book contains solutions to such issues. These solutions have been devised through years of research and practice of health experts. With ample evidence contained in the Wheat Belly, the author aims to implore the readers to change their diet plans accordingly, to promote healthy living.

**Overall Summary:**

The book starts with an elaborative review on how wheat has been genetically modified from its previous, natural state. The rise in demand of wheat has forced the wheat industry to alter the chemical characteristics of wheat to aid a rise in production. Some of the additives are the compounds that lead to diseases such as diabetes and obesity. Throughout the book, a very clear picture of the adverse effects of unhealthy diet has been displayed. The following hazards of excessive intake of wheat have been listed:

* Compounds such as exorphins contained in wheat are addictive. This is one of many reasons as to why wheat is craved by many (<http://www.wheatbellyblog.com/>).
* Carbohydrate amylopectin contained in wheat results into high blood sugar levels. As a result, fat deposition in the human body increases. This is likely to cause weight gain and related heart problems.
* Some chronic ailments are caused by gluten which is also present in the wheat.
* Common diseases such as diabetes and insulin resistance are also caused by excessive intake of wheat. The acid load of the human body is also increased as a result.
* Many heart diseases are caused when the carbohydrates present in wheat that trigger the release of insulin which in return causes synthesis of LDL particles. This results in complex heart diseases (<http://holdthetoast.com/content/review-wheat-belly-dr-william-davis>).

At the end of the book, the author gives guidelines on how to remove or reduce the intake of wheat from your diet plans. The author has also come up with a sample diet plan that not only eliminates the intake of wheat, but also makes the readers aware of numerous other wheat sources (<http://www.fathead-movie.com/index.php/2011/09/21/interview-with-wheat-belly-author-dr-william-davis-part-two/>). The aim of the author is to raise awareness among his readers on how to prevent diseases by following a nutrition plan that is devised to fit an individual's own needs. Hopefully, with such measures, we can see life-transforming changes in society.

In his book, Wheat Belly, Dr. William Davis emphasizes on the fact that a complete exclusion of wheat from your diet is not a direct solution to all your health problems, but it is the taking of a balanced diet that will always protect your body against the health issues. Wheat contains sugar content in the form of glucose. That is necessary for the human body, so eliminating wheat completely from your diet would mean eliminating a lot of the required sugar content that your body needs every day to survive (<http://celiacdisease.about.com/od/glutenintolerance/fr/Wheat-Belly-By-Dr-William-Davis.htm>). If we take a look at the background of the creation of this book, we find some compelling statistics. With the help Dr. William's research, over two thousand patients regained health, fitness and got rid of obesity by giving up the consumption of wheat.

So clearly, the book has a solid base consisting of proven theories and research work all indicating in the same direction: the consumption of wheat needs to be regulated to maintain health. The wheat that we eat is not the backbone of agricultural revolution as the book states. In fact it has suffered from a constant evolution and development that has altered the chemical composition which it used to have in its earlier stages. As such, the unwanted negative side effects of wheat can still be prevented. The directions are beautifully delivered by Dr. William Davis in his book, Wheat Belly.

**Key Terms and Definitions:**

Genetic Strain: The wheat containing distinctive characteristics as compared to its earlier species of crops.

Wheat Belly: Obesity resulted due to excessive intake of wheat.

Hybridization: Alteration of the chemical composition of products.

Blood-sugar-increasing effect: The effect produced by excessive intake of carbohydrates. With this effect, the sugar levels in the blood increase.

Exorphins: The substance responsible for addiction to wheat.

Lose the wheat, lose the weight: Dr. William emphasizes on the fact that wheat is a major cause of weight gain.

Metabolic Factory: Referred to the digestion system.

Appetite Simulation: The desire to eat more food. This term is used in context of the addictive behavior produced by exorphins present in wheat.

Obesity: The abnormal increase in weight and physical structure of the human body.

Gluten: Proteins found in wheat.

**Related online content:**

Wall Street Journal:

New ways calories can add up to weight gain: This article discusses how the quantities nutrients such as proteins and carbohydrates affect weight gain in the human body. <http://online.wsj.com/article/SB10001424052970203462304577138993430777580.html>

New York Times:

Study Shows Why It's Hard to Keep Weight Off: This article discusses the main reasons why weight loss plans are not easily implemented upon. <http://www.nytimes.com/2011/10/27/health/biological-changes-thwart-weight-loss-efforts-study-finds.html>

Still Counting Calories? Your Weight-Loss Plan May Be Outdated: This article informs the readers to look for latest weight-loss plans devised with the help of latest studies and research work. <http://www.nytimes.com/2011/07/19/health/19brody.html?pagewanted=all>

Why Doesn't Exercise Lead to Weight Loss: This article discusses the misconceptions many people have regarding exercises when their workout doesn't result in weight loss. <http://well.blogs.nytimes.com/2009/11/04/phys-ed-why-doesnt-exercise-lead-to-weight-loss/>

**Interesting Related Facts:**

According to the vast research of Dr. William Davis, the largest contributor to the obesity epidemic is excessive consumption of wheat.

Over 2000 patients regained health and fitness after discontinuing the use of wheat.

Wheat is used in large amounts across the nation. Over two hundred million wheat products are consumed every day.

Wheat contains exhorphins that are addictive, and cause people to consume more of it.

According to the author, the hidden side effects of wheat include heart problems and weight gain.

Weight loss can be achieved by simple alteration in our diet plans. Pharmaceutical products and dieting is not a recommended option.

The wheat available in the market today has different chemical composition as compared to the wheat of older ages.

By following the guidelines as discussed in the book, instant change is not promised. However, gradual success is guaranteed.

Consumption of wheat should be done in a balanced manner to avoid possible negative side-effects.

If consumed in the right amounts, wheat can be immensely advantageous.

To maintain good health, advice of such health experts should be considered. Proper nutrition that is required by the human body can be achieved by carrying out diet plans suited to the individual's own requirements. By considering the harmful side effects of popular food items such as wheat products, you can devise your diet plan that can keep you away from epidemics such as obesity and heart problems. In his book Wheat Belly, Dr. William Davis has given guidelines which have helped numerous patients regain a healthy lifestyle.

**Sources :**

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* Dana Carpender, Hold the Toast! <http://holdthetoast.com/content/review-wheat-belly-dr-william-davis>
* Jane Anderson, Wheat Belly by Dr. William Davis. <http://celiacdisease.about.com/od/glutenintolerance/fr/Wheat-Belly-By-Dr-William-Davis.htm>
* Fat Head, Interview With ‘Wheat Belly’ Author, Dr. William Davis Part Two. <http://www.fathead-movie.com/index.php/2011/09/21/interview-with-wheat-belly-author-dr-william-davis-part-two/>