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Wheat Belly comes from cardiologist William Davis, MD. In his best-selling diet book, Davis recalls seeing a picture of himself from a family vacation that made him realize he was carrying about

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Wheat Belly Lose the Wheat Lose the Weight and Find

The book The Wheat Belly by William Davis, M.D. should be required reading for everyone in the world. We've all heard about the No Carbs approach in diets like Atkins, South Beach etc. Efforts have been made to explain and counter arguments about toxicity etc. were made to discredit all of those diets as they were too restricting.

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Wheat Belly. A wheat belly is the accumulation of fat around our waist resulting from consuming too much carbohydrates. Unlike fat in other parts of our body, wheat belly causes inflammation that are dangerous for both our body and brain (also read Grain Brain) Wheat Belly Diet Eliminate

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Wheat Belly William Davis Google Books

Wheat Belly is a provocative look at how eliminating wheat even so-called healthy whole grain wheat from our diets is the key to permanent weight loss and can offer relief from a broad spectrum of health and digestive problems.

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The Smoke and Mirrors Behind Wheat Belly and Grain Brain

Therefore, a diet book titled Eat More Animals to Lose Weight would meet a mostly unfriendly audience. Wheat Belly and Grain Brain take a backdoor approach to the Atkins low-carbohydrate method. As the titles of these books suggest, wheat causes a big belly and grains damage the brain.

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William Davis cardiologist Wikipedia

William R. Davis is a Milwaukee-based American cardiologist and author of health books known for his stance against "modern wheat", which he labels a "perfect, Wheat Belly in the public forum. Wheat Belly became a New York Times bestseller within a month of publication in 2011.

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