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### **Wheat Belly Lose the Wheat Lose the Weight and Find**

William Davis, MD, is the #1 New York Times bestselling author of Wheat Belly: Lose the Wheat, Lose the Weight and Find Your Path back to Health. The creator of [www.wheatbellyblog.com](http://www.wheatbellyblog.com), Dr. Davis is a preventive cardiologist whose unique grain-free approach to diet allows him to advocate reversal, not just prevention, of heart disease.

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### **Wheat Belly Lose the Wheat Lose the Weight and Find**

I saw "Wheat Belly" but was turned off by the "lose the wheat, lose the weight" tagline at the top because I thought it was just a fad diet. I wasn't looking to lose weight--I was looking to feel better. A couple days later it kept coming up in my searches, so I decided to download it to my Nook. It is definitely NOT a diet book.

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