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Wheat Belly Lose the Wheat Lose the Weight and Find

WILLIAM DAVIS, MD, is a New York Times bestselling author and a cardiologist who advocates unique, insightful, and cutting-edge strategies to help individuals discover the health hidden within them. His blog, wheatbellyblog.com, has been visited by millions of people. Dr. Davis has also shared his passion for wheat-free living on national television shows including The Dr. Oz Show and CBS This

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How Can Women Over 45 Lose Weight Livestrong com

In general, women 45 years and older can lose weight by limiting their intake to 1,200 calories to 1,500 calories, and they may even be able to eat a little more, depending on activity level, according to the National Heart, Lung and Blood Institute.

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Bread lovers, rejoice! You can eat bread and still lose weight! If you've ever gone on a diet, you know bread is usually on the list of foods you shouldn't even think about eating.

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