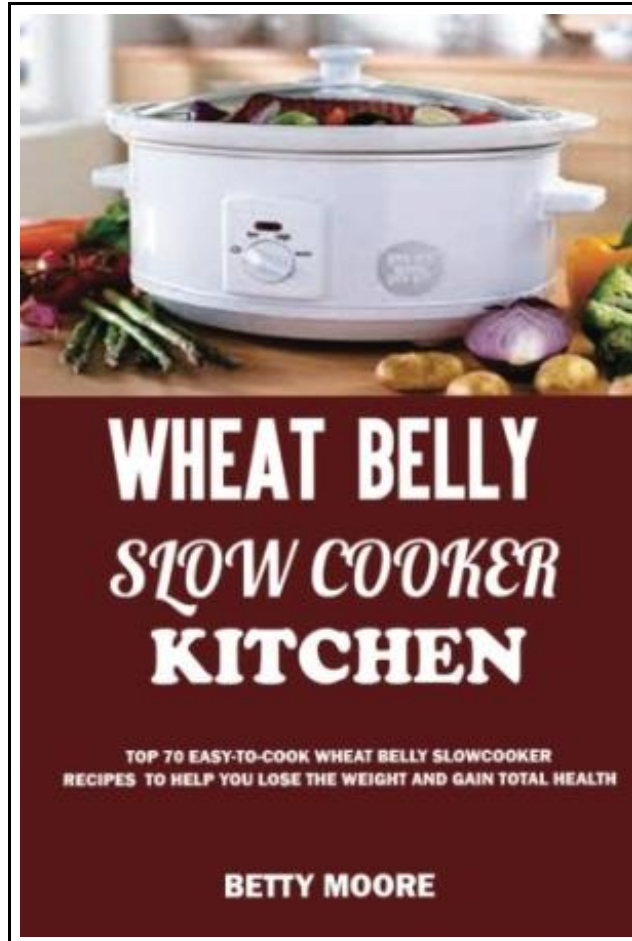


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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. Large Print. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Lose the Wheat, Lose the Weight, and Find Your Path Back to Health The wheat belly slow cooker kitchen is a beginner s guide to the wheat belly dieting. It will revolutionized the way you think about your health by exposing you to the devastating effects of wheat, sugar, and carbs on the brain and empowering you with the knowledge in making the right decision on your daily dieting. If you eat the right foods, you can profoundly affect how your brains will be working this year, next year, in five years, and for the rest of your lives. This book is more than just about getting rid of the belly, but rather about putting your health in the best possible position it can be. You get very practical advice on how to make this transition as smoothly as possible with tricks and tips that have helped so many of Dr. Williams patients and readers. And expanding up what his neurologist colleague Dr. David Perlmutter shared in his 2013 New York Times bestselling book Grain Brain, Dr. Davis gives all the preventative measures in dealing with such neurodegenerative diseases as seizures, dementia, and Alzheimer s disease and well as many other quality of life issues. They are related to nutrition, which will be revelation to so many who read this book. MY WHEAT BELLY COOKBOOK This book is the perfect companion to Wheat Belly and is the logical next step for anyone choosing to take charge of their health through nutrition. If you have an autoimmune disease, diabetes, chronic headaches, inflammation, thyroid disorder, mood swings, low energy, low libido or a shocking...



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