



## A Joosr Guide to... Wheat Belly by William Davis: The Effortless Health and Weight-Loss Solution

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Who would have thought that something as simple as wheat could have such a profound impact on physical and mental health? Get rid of wheat and you'll lose weight, reverse digestive disorders and increase your longevity.

Wheat Belly is the brainchild of Dr. William Davis, a cardiologist who has extensively studied the correlation between wheat and disease. From thinning hair to celiac disease, many common chronic diseases can find their source in wheat. Wheat has been a staple of the American diet for years, but in the past few decades the production of wheat has changed. Dr. Davis shows how genetically modified wheat has become a trigger for some of our society's most common physical and mental health problems.

You will learn:

- How your food may be making you sick
- Why wheat isn't what it used to be
- Which foods you should eliminate to become happy and healthy.

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