



Wheat Belly Total Health: The Effortless Grain-Free Health and Weight-Loss Plan

DR WILLIAM DAVIS

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The sequel to the bestselling *Wheat Belly* shows you how to take the advice one step further by going grain-free and discover the benefits of losing weight easily and achieving a level of radiant health and well-being you never thought possible. This sequel to the Number One bestseller *Wheat Belly* takes a grain-free lifestyle to the next level. Many lessons have been learned since the original *Wheat Belly* was released, and this book is packed with new tips and strategies that heal the damage caused by a grain-filled diet. Understanding these strategies can improve your health that much more, even if you have experienced significant improvements by eliminating wheat from your diet already. Clearing your body of wheat is the same as breaking an addiction and each body will respond differently. *Wheat Belly Total Health* addresses how to go grain-free and also explores the issues that arise on each person's unique journey to optimal health. In Part I, Dr Davis exposes the hidden history of wheat production. In Part II, he dives into the nitty-gritty of how to master a grain-free lifestyle. In Part III, he shows readers how to improve their health even further, including how to achieve better energy, mental clarity, mood, metabolic health and much more. Resources, a practical shopping guide and a unique collection of recipes makes this the ultimate guide to living grain free.

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