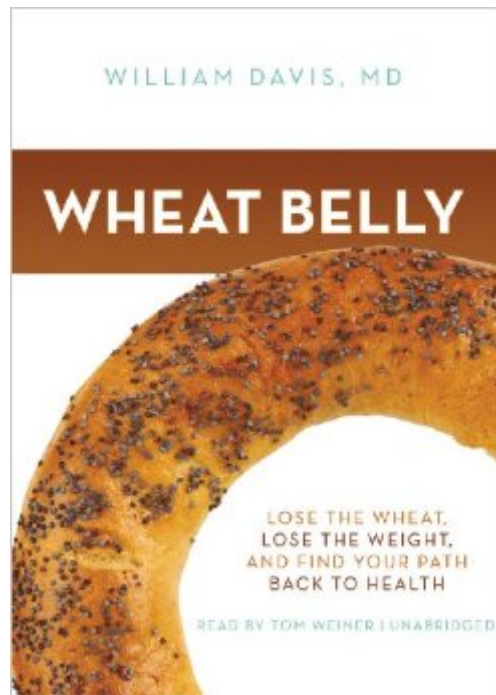


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# Wheat Belly: Lose The Wheat, Lose The Weight, And Find Your Path Back To Health



## Synopsis

Includes a bonus CD-ROM with recipes and more A provocative look at how eliminating wheat from our diets can help us lose weight, shrink unsightly bulges, and reverse a broad spectrum of health problems--from acne to diabetes and serious digestive disorders. Since the introduction of dietary guidelines calling for reduced fat intake in the 1970s, a strange phenomenon has occurred: Americans have steadily, inexorably become heavier, less healthy, and more prone to diabetes than ever before. After putting more than two thousand of his at-risk patients on a wheat-free regimen and seeing extraordinary results, cardiologist William Davis has come to the disturbing conclusion that it is not fat, not sugar, not our sedentary lifestyle that is causing America's obesity epidemic--it is wheat. How this once-benign grain--now genetically modified almost beyond recognition and found in virtually every course of every meal--has come to have such a profound and deleterious effect on our collective well-being is one of the great untold health stories of our generation. In *Wheat Belly*, Dr. Davis exposes the truth about modern-day wheat, deconstructing its historical role in the human diet and the agricultural evolutions that have created a hybrid grain that has a greater impact on blood sugar levels than pure cane sugar and many of the addictive characteristics of a narcotic. He sheds light on wheat's connection to weight gain as well as to a host of other adverse effects from diabetes to heart disease to immunologic and neurologic disorders like celiac disease, rheumatoid arthritis, and dementia. Finally, to help listeners dependent on wheat products make the move to a wheat-free diet, he presents a clear-cut action plan packed with food and lifestyle tips, meal plans, and recipes. Informed by decades of clinical research and backed by case studies of men and women who have experienced life-changing transformations in their health after waving good-bye to wheat, *Wheat Belly* is an illuminating look at a familiar food as well as an affirmative life plan for regaining health and losing unwanted pounds.

## Book Information

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## Customer Reviews

I've been following Dr. Davis' heart scan blog for the past year, and have learned so much about how certain supplements can stop and even reverse plaque, high blood pressure, arthritis, diabetes, and many other health problems. And he talked a lot about wheat, and the many ways it destroys your health. But I've been hesitant to go wheat free. I love warm bread with butter, cinnamon rolls, pizza, pasta, cake, pie, Ritz crackers, pretzels, and almost everything else made with wheat. So it wasn't easy to make the commitment to go without them. I pre-ordered this book, and finally went wheat free one week before the book was released. And what a difference. My blood pressure had been averaging 140/88 (taking two blood pressure medications). Now, after only two weeks of wheat-free eating, I've averaged 124/68 for the past four days. I've reduced one of my medications to keep my blood pressure from dropping too low after it fell to 108/58. It's crazy! And I'm not starving myself. I'm getting plenty to eat. So, why did I buy the book if I already knew what to do? Because this book goes into great detail about WHY wheat is a problem. If you're like me, you probably think of wheat as four-foot tall "amber waves of grain." But that's not what we are eating these days. It's an engineered version that's two feet tall, and is nothing like what I ate as a kid in the 1950s. And unfortunately, it raises your blood sugar higher than eating a candy bar. And if you don't think that's a problem then you need to learn more about how high blood sugar affects your health. "I don't need this book, because there's no way I'm giving up my bagels and pizza," you say.

I wasn't lucky enough to have a curious, clever, caring doctor like Dr Davis. My massive intolerance to wheat, you would think obvious from my extreme symptoms, went unrecognised and untreated for fifty years. By that time I had been following medically-prescribed, low-calorie, low-fat diets for most of my life. These were all based on wheat products - wholegrain bread and pasta - and completely and efficiently destroyed my health and my life. I became massively overweight, having been slender and attractive in my youth, and despite starving myself for protracted periods. I could not walk upright because of ataxia. I could barely breathe because of asthma. I could barely see. I couldn't focus my mind, despite previously having been a sharp-witted live broadcaster. I began to feel as if I were being possessed. I cried all day, for no reason. I suspected everyone of intending me harm, and wouldn't go out. I developed nerve damage, and often could not feel my legs or

hands. My bloated stomach was so large that once, when I attended a POST-natal appointment, the nurses were asking me when my baby was due! I was so weak that I couldn't hold my newborn baby. In fact I couldn't hold my arms up long enough to wash my hair, and became dependent on carers. I developed tinnitus so loud that it could drown out the noise of overhead aircraft at an airport (and which, sadly, is still with me). I underwent many painful and pointless investigations, to try to find out what was wrong with me. My surgeons were as ignorant as my GPs. One took my appendix out, because he couldn't think what else to do. During one particularly horrific hospital stay, I remember a young doctor's standing at the foot of my bed, begging me to think what could be wrong with me, because it looked as if I might die.

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