



Wheat Belly: 10-Day Grain Detox: Reprogram Your Body for Rapid Weight Loss and Amazing Health

By William Davis MD

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Through the New York Times bestseller Wheat Belly, millions of people learned how to reverse years of chronic health problems by removing wheat from their daily diets.

Now, Dr. William Davis has created an easy and accessible 10-day detox program. *Wheat Belly 10-Day Grain Detox* supplies you with carefully designed meal plans and delicious recipes to fully eliminate wheat and related grains in the shortest time possible. Perfect for those who may have fallen off the gluten-free wagon or for newcomers who need a jump-start to weight loss, this new addition to the Wheat Belly phenomenon guides you through the complete detox experience.

In addition to the brand-new quick-start program, Dr. Davis teaches you how to recognize and reduce wheat-withdrawal symptoms, how to avoid common landmines that can sabotage success, and how to use nutritional supplements to further advance weight loss and health benefits. *Wheat Belly 10-Day Grain Detox* also includes inspiring testimonials from people who have completed the program (and have now made gluten-free eating a way of life), as well as exciting new recipes to help get your entire family on board.

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- Sales Rank: #3281 in Books
- Brand: Rodale Press
- Published on: 2015-11-10
- Released on: 2015-11-10
- Original language: English
- Number of items: 1
- Dimensions: 9.25" h x .4" w x 5.99" l, 1.00 pounds
- Binding: Hardcover
- 288 pages



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