



Wheat Belly Journal

By William Davis

Rodale Press Inc., United States, 2014. Spiral bound. Condition: New. Language: English . Brand New Book. In his bestseller, *Wheat Belly*, Dr. William Davis shared his provocative revelation that wheat is the single biggest contributor to our obesity epidemic and a host of other medical concerns - and that eliminating wheat from our diets is key to ensuring our health now and in the future. With the *Wheat Belly Journal*, readers now have the essential tool to help track their path to a wheat-free life and rid themselves of belly fat for good. Including wheat belly guidelines, a full week's worth of menus, and tips to maintain a wheat-free life; this beautifully designed journal gives readers all the space they need to record their favourite *Wheat Belly* meals and their progress as they eliminate wheat from their diets.



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Reviews

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Extremely helpful to all of category of men and women. it had been writtern extremely completely and helpful. You are going to like the way the blogger compose this publication.

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