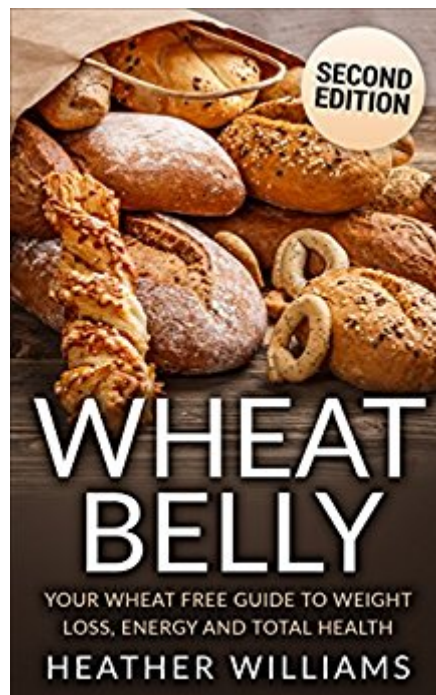




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Wheat Belly: Your Wheat Free Guide To Weight Loss, Energy And Total Health



Synopsis

Get Healthy, Fit, and Slim with the Wheat Belly Diet!
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What is the Wheat Belly Diet? When you download *Wheat Belly: Your Wheat Free Guide To Weight Loss, Energy And Total Health*, you'll learn how eliminating wheat (and other grains that contain gluten) from your diet can revolutionize your health. You'll also discover how to manage the amount of carbs you consume to lose weight and balance your blood sugar! This book helps you realize your weight loss dreams with a simple and efficient system! In *Wheat Belly: Your Wheat Free Guide To Weight Loss, Energy And Total Health*, you'll find out how to avoid common mistakes as you embrace your new, healthy lifestyle. This book help offers a special Two-Day Challenge to get you started and offers many delicious recipes you can try today! Soups Like Wheat Belly Chicken Tortilla Breakfasts Like Spicy Sausage with Broccoli Poblano Peppers Stuffed with Guacamole and Quick and Easy Dark Chocolate Pudding You'll even learn which exercises are a perfect compliment to this revolutionary diet! Don't wait another minute to feel better! Read *Wheat Belly: Your Wheat Free Guide To Weight Loss, Energy And Total Health Today!* You'll be so happy you did!

Book Information

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Customer Reviews

Hi This is a really good book for anyone who wants to remove wheat from their diet. While wheat is a super popular cereal, there has been an increasing back lash against wheatgrass, thanks to the inflammatory properties of wheat. However, the challenge lies in finding ways of ditching wheat successfully. That's what I really like about this book, as it makes an ardent effort to outline the different possibilities available to anyone who wants to eat other foods instead of wheat. The book goes onto outline a wide variety of wheat free recipes, including desert recipes and also it outlines some useful physical exercises for helping with the weight loss process. In particular I like the detailed information regarding wheat replacement options which is a very useful thing to know!

I have tried numerous diet solutions and this one has got my interest. This book has explained the greatly the benefits that I could rarely get in other diets that is in wheat belly diet. This book has great recipes that really suits my taste. I got the idea of what should be the right way to incorporate my diet. I found this book very helpful to me.

Badly written, poor information, a lot of it doesn't even make sense -- in stark contrast to the REAL "Wheat Belly" book, which is eye opening and fantastic. I bought this book thinking it was connected to the original Wheat Belly book, but clearly the author just slapped this together and used the name of a popular book to try to skim a few bucks off of unsuspecting folks like myself.

This book is sort of a pioneer in identifying wheat as the cause of so many health problems-celiac disease etc. It's been around for a while and when it first came out identifying wheat as something undesirable in a diet, it was an eye opener.

I really love this wheat free guide from Heather Williams! This consist of recipes which you will surely love like I did! I have already tried a few recipes from this book and I must say that they were all delicious! It's very easy to prepare since the directions were clear and the ingredients were easily available. I cannot wait to try out another recipe from this book! This book has provided me with close to 30 recipes which I can use. This is a pretty exciting diet and you should try this! Who knows, this might work out for you like it worked on mine.

Wheat Belly is the best diet I tried out so far. After just 3 Days of not eating Wheat any more, I feel a high increase in energy. Normally around afternoon I get really tired but not since I quit the wheat. I defiantly will give this a shot in long term. Heather Williams gives a lot meal suggestions in her book, so that I am inspired enough in order to test some of these Recipes. For all I seen and tested so far, I can recommend this book!

Great book for a simple introduction to the "Wheat Belly" diet. The book also provides a great list of recipes that can be used as part of the diet. After reading this, it really made me think about the things I put into my body, and ways that I can improve my health. Great source for jumping into the Wheat Belly diet and provides a simple daily plan with easy to use recipes. Great read!

The book does a good job of explaining what a wheat belly diet is, which is essentially to limit the wheat intake. After that you are going to learn about foods and exercises related to the diet. You can definitely get results if you follow the tips in this book.

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