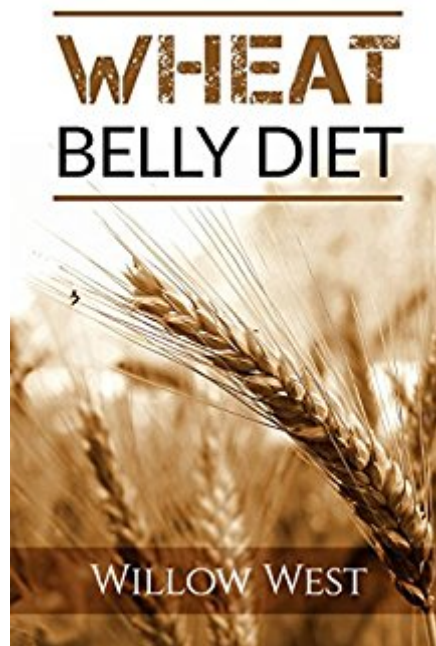


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# Wheat Belly Diet: For Beginners A Guide On Weight Loss And Total Health (Wheat Free Cookbook Included, Now With 20 Delicious Recipes) (wheat Belly Diet Weight Loss Cure)



## Synopsis

The process of eliminating wheat from your every day diet might seem difficult at first and your first reaction will probably be to reject this idea. And it is not because you think you could not be on a wheat belly diet, but the thought of changing your lifestyle and starting a new one is overwhelming. Why should you give up on eating wheat foodstuff if people consume wheat products for ages? There is a big problem about wheat and most of the people are not aware that it is not what it used to be 50 years ago. Nowadays, wheat is developed through hybridization and genetic manipulation, it contains toxins and some specialists think it became as harmful as poison. Thus, wheat consumption is dangerous and could lead to the occurrence of different diseases and health problems. It is also seen as an obstacle for maintaining your body in a good shape. Your everyday life and problems might not give you the chance to find time for making researches regarding wheat and its disadvantages. That is why we came up with this book. *Wheat Belly Diet for Beginners: A Guide on Weight Loss and Total Health* will help you become wiser and more careful with what you're eating and will provide you information about: What wheat belly represents, how it can affect your health, what the wheat free diet involves, what you are allowed to eat, what you have to avoid when you are on a wheat belly diet, tricks about how to lose weight and have a good looking body, how you can cook delicious meals at home without using wheat (recipes included). This guide is a lot more complex and it will help you think twice about your health. It will make you understand better that you have the power to control your life and to keep your mind and body in good condition. Don't wait until tomorrow or next week and download the book today; it will have a crucial role in changing your lifestyle and your bad habits.

## Book Information

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## Customer Reviews

If you truly are interested in eating nutritionally healthy for our species and actually want to learn something beyond your belief system then this book is a must read. It is one of the most important ones because it uncovers the truly destructive nature of one of our most hallowed foods. This is no fad - there are those of us who have spent our personal and professional lives in scientific & clinical study to discover that which can stop, reverse and prevent the ridiculous diseases of modern civilization, the answers are right here, right now. The information in this book has been life changing for me. I had no idea wheat could detrimentally affect my health. I always thought whole grain wheat was healthy. I now know this is not the case. By eliminating wheat from my diet, I have finally found the cure for my health problems. And not only that, it also has wheat-free meal plans for breakfast, lunch and dinner. Plus, it has tips on how to avoid wheat while you're eating out, when you're shopping and even when you're cooking

A very useful book to complete my routine in losing weight! Not everyone knows that eating wheat products can harm us. When I started going to the gym to lose weight I realized that itâ™s not enough. We must also consider eating healthy foods to lose weight. The recipes on this book are very helpful in guiding us on what to eat to be healthy and lose weight at the same time. Instructions are easy to follow and simple. Trying out the recipes on the book are not a torture to ourselves like the usual salad diet that we were used to. Recipes are not just healthy but also delicious! Itâ™s a must read book for all of us who want a healthier and sexy body!

This book is useful for anyone who wants to know more about what a wheat belly is and why wheat is bad for you. It gives you advice on how you can cut down on your wheat intake and even has a number of recipes to get you started. I bought this book as I have recently put on quite a bit of weight and feel particularly bloated after eating pasta and bread. This book has helped me identify where my problems are and made the whole idea of having to give up (or cut down at least) far less

daunting. This book is nice and short but comprehensive and well written - it was easy to follow and the author has not used too much medical jargon which makes it an easy read. Great book which has really helped me... Have already had the Kindle out on the kitchen side with one of the recipes - the pepperoni bread was amazing!!

I have been looking for a book that can help me on my diet and I have found this one. This would really be helpful to anyone who wanted a wheat belly diet which includes also the kinds of food to eat. There are helpful guides inside what to eat and when to eat it.

I finally decided to check out this diet and it makes so much sense to me. I do badly on diets that are all about rules that nobody understands so I appreciated the in-depth explanation on why this weight loss method is so effective. The recipes are very doable with ingredients that I can get readily so I look forward to trying them.

Quick read, without a lot of fluff, which I like. Great overview of the benefits of going wheat free (and acknowledgment of the difficulties). Also love that there are plenty of wheat-free recipes that serve as substitutes for favorites containing wheat. Recommended.

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