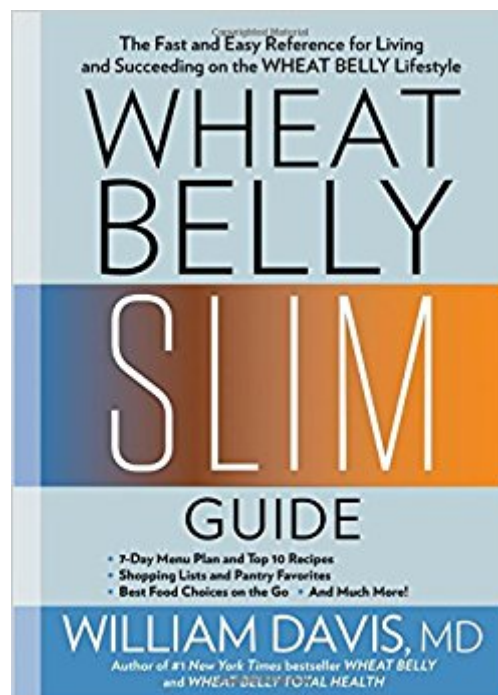




The book was found

Wheat Belly Slim Guide: The Fast And Easy Reference For Living And Succeeding On The Wheat Belly Lifestyle



Synopsis

The #1 New York Times bestseller *Wheat Belly* taught us how to reverse years of chronic health problems by removing wheat from our daily diets. Now, Dr. William Davis has created a portable guide, perfect for quick reference at the grocery store. *Wheat Belly Slim Guide* contains:~ ~ an extensive grocery and pantry list~ ~ lists of safe sweeteners, safe thickeners, and safe flours~ ~ a guide to carb counting~ ~ advice on finding good food sources of prebiotic fibers to restore bowel health~ ~ information on grain-free alcoholic beverages~ ~ top ten easy recipes~ ~ tips on how to control cravings~ ~and much more!

Book Information

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Best Sellers Rank: #10,038 in Books (See Top 100 in Books) #6 in~ ~ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Abdominal #11 in~ ~ Books > Health, Fitness & Dieting > Diets & Weight Loss > Wheat Free #16 in~ ~ Books > Health, Fitness & Dieting > Diets & Weight Loss > Gluten Free

Customer Reviews

Eliza Kingsford has helped thousands of people lose weight and get healthy for good through the Wellspring programs. Now thousands more will learn the key to sustained weight loss with her revolutionary book, *Brain-Powered Weight Loss*." ~ ~ Nicole Avena, PhD, author of *What to Eat When You're Pregnant and Why Diets Fail*"I consider Eliza Kingsford a national leader in weight management. The reason: What the rest of us have discovered in academia, laboratory, and clinical settings, this pioneer has actually put into practice. The culmination of all her knowledge and successful hands-on experience in helping people find the solution to their weight loss issues is the book you have in your hands" ~ ~ Mark Gold, MD, DFASAM, DLFAPA, coeditor of *Food and Addiction* and chairman of the Scientific Advisory Boards at RiverMend Health"With so many books and fads, it's hard to figure out where your health problems start in the first place! Get to the root of

your health issues with Brain-Powered Weight Loss and feel better than you ever have before.

—Sandee Nebel, Licensed Mental Health Counselor and Certified Eating Disorder Specialist

William Davis, MD, is a New York Times bestselling author and a cardiologist who advocates unique, insightful, and cutting-edge strategies to help individuals discover the health hidden within them. His blog, wheatbellyblog.com, has been visited by millions of people. Dr. Davis has also shared his passion for wheat-free living on national television shows including The Dr. Oz Show and CBS This Morning. His Wheat Belly Total Health program became a public television special. He lives in Wisconsin.

I have been following Dr. Davis and living the Wheat Belly lifestyle for over a year and a half (as of 1/14/17). I've been grain, sugar and potato free for that long as well! I love "Wheat Belly Total Health" is the most comprehensive book that he has out! I've lost close to 130 lbs and reversed my diabetes and SO much more! So, what about "Wheat Belly Slim Guide." I pre-ordered it, read it, and I love it!! It's so small and yet covers so much! It gives you all the essentials that you need to get started as well as a great guide to carry around with you! I pulled it out a few times in the grocery store the other day. Great information! Even which brands to buy on a few items. My guess is that once you read this, get grain free and feel so much better than you ever dreamed possible again, you will want to know more! Great to add to your Wheat Belly library if you already have others too!!

I've been grain-free 2 1/2 years and experience so many health improvements I can't imagine turning back. This is a great short version to pass around to those you find it hard to influence.

Life changing -- finally gave weight control back to me by removing food cravings.

Excellent resource for anyone pursuing the wheat-free, low-grain and low-carb dietary lifestyle. Pursuing said lifestyle is making a wonderfully positive change in my life. Belt in 3 notches, weight down 12 pounds, better digestion, more energy and mental clarity. No going back for me because the benefits are just too good to even consider it.

I don't always have time to look through my wheat-free resources for a quick recipe idea or shopping list. Now I have just the resource in my Kindle on my phone. Good job.

Nice to have a small, portable guide. I am a new convert! Only 2 weeks in and I've lost 5 lbs, and yes, I admit, I've gone over the recommended 15 net grams of carbs per meal, but not by much. Going grain free appears to be helping me shed unwanted pounds!

All the basic facts needed to lead a health life by eating the right foods.

Handy to carry with you

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Wheat & Burn the Pounds Soup Diet Cookbook: No Wheat; No Gluten; No Hunger; No More Belly Fat!: 35 Yummy Soups and Smoothies to Lose Weight and Belly Fat Naturally Without Hunger; ... Friendly (How To Cook Healthy in a Hurry) Paleo Diet: Learn How to Eat Healthy and Eliminate Disease (Fibromyalgia, Diabetes, Gluten Free, Wheat, Belly, Grain, Brain, ketogenic, Belly Fat, Best Diet, autoimmune, celiac, candida) Fast Metabolism Diet Cookbook: Healthy & Wholesome Fast Metabolism Diet Recipes to Slim Down and Burn Fat

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