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Wheat Belly Total Health: The Ultimate Grain-Free Health And Weight-Loss Life Plan

THE ULTIMATE GRAIN-FREE
HEALTH AND WEIGHT-LOSS LIFE PLAN

WHEAT BELLY TOTAL HEALTH



WILLIAM DAVIS, MD

Author of the #1 New York Times Bestseller *Wheat Belly*,
Wheat Belly Cookbook, and *Wheat Belly 30-Minute (or Less!) Cookbook*
READ BY TOM WEINER • UNABRIDGED



Synopsis

What's next in the battle against wheat? In his follow-up to the mega best seller *Wheat Belly*, Dr. Davis helps his listeners take command of their lives and health in the aftermath of wheat. There are many strategies that will help heal the damage caused by years of a wheat-filled diet, and many of these lessons have been learned in the years following *Wheat Belly's* original release - lessons played out on a broad public stage with over 1,000,000,000 listeners, all participating in this grand adventure. Reordering your life after wheat is about learning how to regain full metabolic, gastrointestinal, thyroid, cardiovascular, hormonal, sleep, neurological, bone, and joint health. Understanding the strategies and putting them to use can take health several steps higher, even for those who have already had major health success without wheat. In addition to achieving better health in many different areas, life performance also improves in virtually all settings. In life after wheat, you'll feel unrestrained, unimpaired, and unstoppable!

Book Information

Audible Audio Edition

Listening Length: 14 hours and 25 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Blackstone Audio, Inc.

Audible.com Release Date: September 16, 2014

Language: English

ASIN: B00N21I934

Best Sellers Rank: #87 in Books > Audible Audiobooks > Health, Mind & Body > Diet & Nutrition
#888 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

Customer Reviews

By this point, I'd find it hard to believe that there's anyone who hasn't at least heard of Milwaukee, WI-based cardiologist Dr. William Davis' runaway New York Times bestselling book released in 2011 called *Wheat Belly: Lose the Wheat, Lose the Weight, and Find Your Path Back to Health*. That singular book has played such an instrumental role in combating the message we continually hear from so-called health experts about the need to consume more "healthy whole grains" in our diet and people are waking up to the truth about how grains are destroying their health. Even those who aren't as deeply ingrained (all pun intended!) in the health community are aware of the powerful message Dr. Davis shared about in that book that is still having a major impact and touching the

lives of countless numbers of people with more than a million copies of that instant classic in print and counting. But now he's back with even more compelling information that is sure to become a classic as well. In his long-awaited 2014 follow-up book *WHEAT BELLY TOTAL HEALTH*, Dr. Davis applauds those who were able to successfully remove the wheat from their diet, but now encourages them to extend that dietary abstention to ALL grains and even most carbohydrates that are wreaking the most havoc on their health. That doesn't mean a no-carb diet (as the biased media likes to describe it), but rather a customized plan tailored towards the individual to figure out what level of the appropriate kinds of carbohydrates is right for them to keep their metabolic and hormonal health markers in check. And guess what?

We have followed this eating plan for 10 weeks. I bought the 30 Minute Cook Book and find the recipes very tasty. I've followed the eating plan to the letter - there's no 'cheating' here - you either do it or you don't which for a disciplined person (I am), this is pretty cut and dry. I wanted to lose 20 pounds and because this is not happening (even close), I'll give the plan 3 stars. To be fair, I'm female and am 68. The author indicated if there was difficulty with weight loss, being female and older could be a barrier. Duhhh??? Like I didn't already know this. Still, to be fair to the author, I do feel better - no more bloating and food cravings are gone. For that reason, I'll continue eating as prescribed in the book. I do believe our food sources have been sinfully polluted and altered. On this plan, I'm eating real food. Gone are the gmo's, the red slime meats, preservatives and so on. With that said, should you choose to follow this way of eating, be prepared for a 40 - 50% increase in your food bill. I'm willing to pay it because I take no medications and would like to continue my good health. I save money by not eating snacky food on the run, have reduced eating out considerably and feel like I'm making an investment in health rather than the poor food condoned and allowed by our government. I eat mostly organic meat and have introduced venison to my diet. Typically I eat 2 or 3 meat meals for supper, a fish meal or two per week and a few nights of veggie only meals. There are plenty of snacks and treats on the plan although I wonder if these aren't part of why I'm not losing weight. I don't eat as much fruit which has saved some money. I'm happy eating whole foods but do miss potatoes. To be fair to the plan, I haven't gotten into fermented veggies.

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