



# Wheat Belly Diet: Complete Guide to Lose Weight and Lower Blood Pressure

*Rachel Miller*

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Wheat has become such an integral part of the American diet that over 200 million Americans consume it on a regular basis and as a result over 100 million of them suffer some type of adverse health effect. These range from high blood sugar, rashes and the dreaded "*wheat belly*" as coined by Dr. William Davis.

By following the Wheat Belly Diet method laid out in this book you can lose your "wheat belly" and eat your way to lower blood pressure and a healthier heart. It's worked for thousands of other people and it can certainly work for you too.

This book really explains in a concise and easy to understand way what the Wheat Belly Diet is and contains 30 easy to prepare and delicious heart-healthy recipes you can follow and enjoy.

**Here's what's inside:** (You can also just click the look inside button at the top of the page)

- What to eat and what to avoid
- We bust 4 harmful myths about wheat
- Just how bad can wheat be?
- 30 mouth watering-recipes recipes
- Easy 7 Day plan
- How to stay motivated and follow the diet!
- Much, much more!

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