



**Wheat Belly : Wheat Belly Cookbook Box Set ( 2 in 1): 60 Wheat Belly Diet & Wheat Belly Recipes to Lose Wheat, Lose Weight & Be Healthy (Wheat Belly, Wheat ... Belly Recipes, Wheat Belly Book, Wheat)**

*Sharon Smith*

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**Discover over 60 All time Best Wheat Belly Recipes with complete procedure to Lose Wheat, Lose Weight, and Be Healthy ( 2 in 1 Box Set)2>**

**Today only, get this Amazon Box Set (2 in 1) for just \$0.99. Regularly priced at \$4.99. Read on your PC, Mac, smart phone, tablet or Kindle device.**

**What is Wheat Belly? Have you heard of it before or is this something that sounds strange to you? Dr. Williams Davis first published a book about the Wheat Belly. He explained that by simply removing wheat ingredients from our diet, we could already improve our health and lose weight immediately.**

**Wheat, along with gluten which can often be found in wheat products, packs a lot of calories, starch, and glucose. This could lead to unhealthy weight gain, including high sugar levels, and loss of energy. The starch contained in grains acts as glue in the linings of our stomach which prevents the release of the fats and toxins through our bowel movements. This is the reason why detox only works with raw fruits and vegetables and not with wheat and grains.**

**Moreover, it was found that in the evolution of the human species our ancestors were not equipped with the digestive capabilities for**

wheat and grass. Our ancestors ate raw and unprocessed foods and so they weren't able to develop this capability for toxins. So today our stomachs and intestines do not actually get to digest toxins and grasses properly, leaving them unprocessed and forming into rounded bellies as they stock up in our stomachs.

Wheat belly diet is what most people call a passive diet where you focus on removing or restricting the unhealthy types of food from your diet. Unlike other diets where you have to merely lessen the amount of food intake which can be unhealthy, this diet regime involves a complete elimination of foods that are high in fat, sugar, and carbs. If you remove wheat, you will be able to reduce up to 400 calories in your food. There are plenty of alternatives – fruits and vegetables – which you can still choose from to substitute for the loss of this food group.

In this book, you will be able to have healthy and wheat-free meals, snacks, and even desserts, so you can create a daily meal plan using just the recipes in every chapter. Every chapter presents healthy alternative ingredients in making your favorite dishes, so it would not be necessary to give up delicious foods and favorites just to lose weight.

Take the first step to losing wheat, losing weight, and living a healthy life by reading this book and trying out each of the thirty recipes here.

**Download your copy today!**

**Take action today and download this book for a limited time discount of only \$0.99! Hurry Up!!**

**Tags- Wheat Belly, Wheat Belly Total Health, Wheat Belly Cookbook, Wheat Belly Diet, Wheat Belly Recipes, Wheat Belly Book, Wheat Belly for Weight Loss, Lose Weight, Wheat Belly Total Health**

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**From reader reviews:**

**Donald Farrell:**

This Wheat Belly : Wheat Belly Cookbook Box Set ( 2 in 1): 60 Wheat Belly Diet & Wheat Belly Recipes to Lose Wheat, Lose Weight & Be Healthy (Wheat Belly, Wheat ... Belly Recipes, Wheat Belly Book, Wheat) is great guide for you because the content which is full of information for you who have always deal with world and get to make decision every minute. This book reveal it data accurately using great plan word or we can claim no rambling sentences inside it. So if you are read it hurriedly you can have whole info in it. Doesn't mean it only offers you straight forward sentences but tough core information with attractive delivering sentences. Having Wheat Belly : Wheat Belly Cookbook Box Set ( 2 in 1): 60 Wheat Belly Diet & Wheat Belly Recipes to Lose Wheat, Lose Weight & Be Healthy (Wheat Belly, Wheat ... Belly Recipes, Wheat Belly Book, Wheat) in your hand like finding the world in your arm, info in it is not ridiculous one. We can say that no e-book that offer you world inside ten or fifteen moment right but this reserve already do that. So , this can be good reading book. Hey there Mr. and Mrs. busy do you still doubt this?

**Gabrielle Oneal:**

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