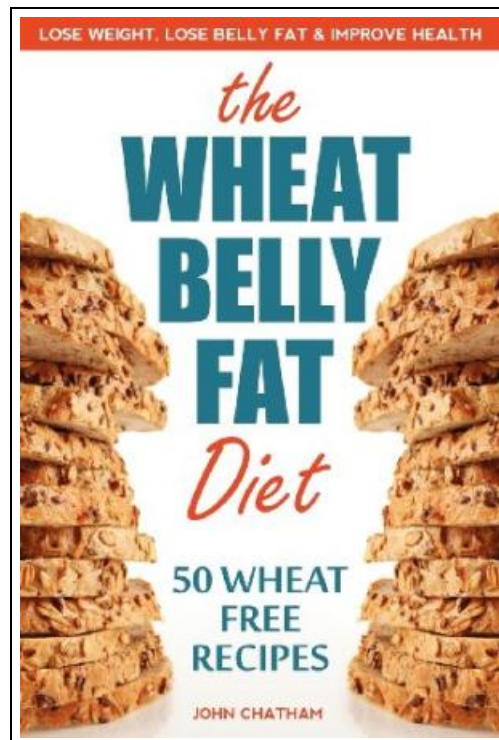


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Rockridge University Press, United States, 2013. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Discover dramatic health results and lose your wheat belly by eliminating just one ingredient from your diet. Have you tried numerous diets and exercise, yet your health, weight, and overall appearance never seem to reach your goals? It s not your fault. For years, you ve been told that including grains in our diet is essential for good health. The reality? Wheat is destructive to your health. Lose weight and lose your belly with The Wheat Belly Fat Diet-a sustainable path to a longer, healthier, and leaner life. Enjoy 50 wheat-free recipes for your favorite dishes, including Garlic and Herb Roasted Chicken, No-Flour Rich Chocolate Cake, and Sweet and Spicy Pumpkin Bread. Understand the dangerous impact of wheat on weight gain, diabetes, aging, and the immune system, and learn the myriad health benefits of living a wheat-free lifestyle. The Wheat Belly Fat Diet offers healthy wheat alternatives, tips for a successful transition to a wheat-free diet, and a 7-Day Meal Plan to get you started. Best-selling author John Chatham dispels the myths surrounding wheat and provides 50 wheat-free recipes to help you lose your wheat belly. Chatham provides tips for achieving a healthier body and losing your wheat belly without having to do hundreds of crunches. The groundbreaking research in The Wheat Belly Fat Diet provides a science-based approach to the benefits of a wheat-free lifestyle, from losing weight to improving skin health and brain function. The Wheat Belly Fat Diet: Lose Weight, Lose Belly Fat and Improve Health is an easy-to-follow health solution that achieves fast, visible, long-lasting results from the inside out.

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