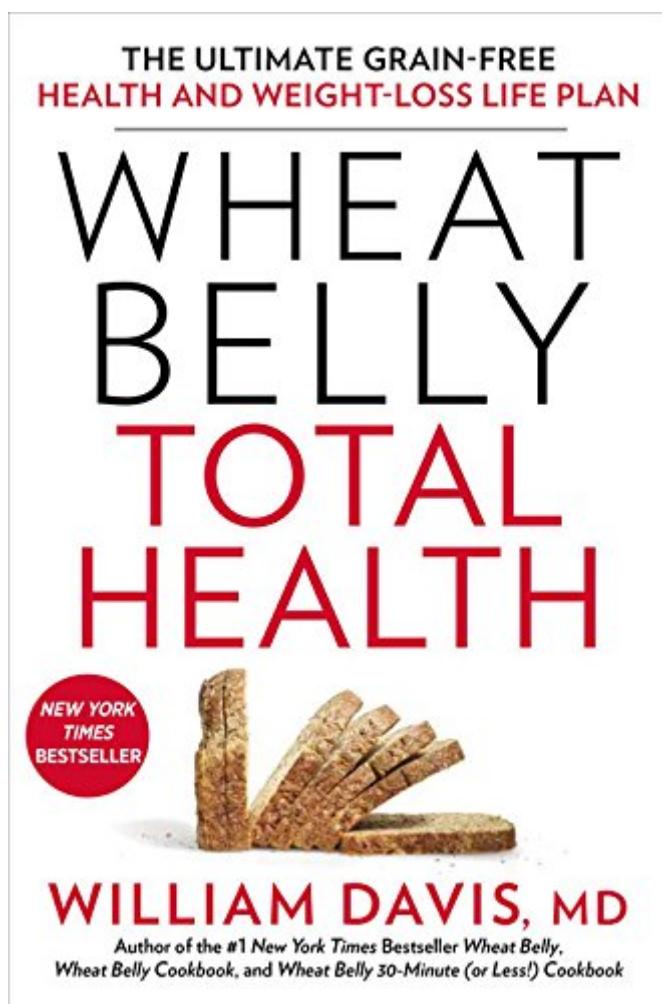


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# **Wheat Belly Total Health: The Ultimate Grain-Free Health And Weight-Loss Life Plan**



## **Synopsis**

Join the millions of people worldwide who have lost 30, 50, or 100+ pounds and reversed chronic health problems by embracing the Wheat Belly message. In Wheat Belly Total Health, you will learn not only how and why you must say no to grains, but also how you can achieve a level of radiant health and well being you never thought possible. Dr. William Davis will also show you: Precisely what you should and should not eat, including a breakdown of the different types of grains and the differences between them; What to do when facing various post-wheat scenarios, such as intense wheat withdrawal, stalled weight loss, and the loss of too much weight; Which supplements can boost health to higher levels even after the health gains of grain elimination are experienced; The science of exactly how your health improves after grains are eliminated, including your mood, sleep, endocrine health, metabolic health, cardiovascular health, physical performance, and much more; Inspiring testimonials and before/after photographs of those who are proudly living wheat-free. Wheat Belly Total Health is about regaining full metabolic well being, reflected in blood sugar and other measures that may require additional steps beyond grain elimination. This book is your guide on the journey to long-term health and vitality--and it will be the only book you ever need to break the grip of wheat, lose weight for good, and achieve vibrant, lasting health.

## **Book Information**

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## Customer Reviews

I read the original Wheat Belly because my doctor was threatening me with a statin (low HDL, high triglycerides). I read through the book and his blog ( [wheatbellyblog.com](http://wheatbellyblog.com) ) and found it hard to believe that wheat was my problem. So much so that it took me 4 months before I committed to a wheat free life. 6 weeks later I had my first wheat free blood draw. ALL markers (including triglycerides and HDL) were in normal range. I was stunned. After decades and different medications (none that worked) and here eliminating wheat was the answer? This was 19 months ago. I have since lost a lot of weight (100 lbs) and 14" off my waist. Nice side effect. Total Health does build upon the original book and expands to grain free living with lots of the science and . I got a blood glucose meter about a year ago and came to the same realization myself. Rice kicked me to 160 even just the amount in one sushi. Corn takes me to about 110. I try to keep my levels below 100. If you have any blood work issues, nasty under the skin cysts, chronic acne, diverticular disease, mouth sores, etc get this book and learn how grains are not good for us to consume. Even my doctor has gone from thinking Wheat Belly was not having any effect on me to completely converting and promoting Wheat Belly.

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 calledÃ  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? That's going to be different from person to person which is why this book shows you what things to be on the lookout for in your pursuit of optimizing your health. The idea that we are all a bunch of robots who need the exact same nutritional approach to health is long gone. So what do you get from this new book that Dr. Davis didn't already share in *WHEAT BELLY*? Plenty! The book is broken up into three major parts: Part 1: Dr. Davis explains the problem with consuming any grains in your diet (it's a far different grain today than it was in Biblical times), the unique and damaging role (to both the cows and the humans who consume the meat from those cows) that grains have played in "fattening" up the cattle, and why we should be gravitating towards making humanely-raised, grass-fed, grain-free cows and other animals as the primary sources of our healthy nutritional plan. Part 2: You'll learn why going grain-free is more than just about getting rid of the belly, but rather about putting your health in the best possible position it can be. You get very practical advice on how to make this transition as smoothly as possible with tricks and tips that have helped so many of Dr. Davis' patients and readers. And expanding up what his neurologist colleague Dr. David Perlmutter shared in his 2013 New York Times bestselling book *Grain Brain*, Dr. Davis gives all the preventative measures in dealing with such neurodegenerative diseases as seizures, dementia, and Alzheimer's disease and well as many other quality of life issues. They're all related to nutrition which will be revelation to so many who read this book. Part 3: This is where you get to the really good stuff in this book because you'll learn about the kind of damage all those years of consuming grains have had on your health and Dr. Davis helps you overcome and fully recover from what he describes as "Post-Traumatic Grain Gut Syndrome." When you do that, he explains the powerful therapeutic impact that will play on key blood health markers like cholesterol, blood sugar, inflammation and more. It's in this section that you learn about other things that can impact weight and health, including thyroid, endocrine function, autoimmune disease, and more. Plus, you won't want to miss what Dr. Davis has to share about those of you who are doing all the right things and yet you aren't seeing the weight come off (this chapter alone is worth the price of admission!). Dr. Davis is one of the most articulate, smack-you-in-your-face-with-the-truth, and truly witty health personalities of our day and *WHEAT BELLY TOTAL HEALTH* puts that on full display for all the world to see. Reading through this book, I could tell the passion that Dr. Davis has for this subject is stronger than it's ever been before. He

really stepped up his game to another level this time around with a bit more pep in his step as well as a greater sense of urgency than he did in WHEAT BELLY. The time is NOW to absorb information that is going to change your life and that's exactly what you'll get in this book.

I have been following this way of eating now for sixteen months. I've lost 127.8 lbs! I reversed my diabetes and got off of two kinds of insulin that I took multiple times a day! And that's only the beginning! THIS works!! I have met Dr. Davis and he is the real deal!! My life has completely turned around eating and living this way! Grain free, sugar free, low carb, high fat and moderate protein intake... IT WORKS!!!

This book is the perfect companion to Wheat Belly and is the logical next step for anyone choosing to take charge of their health through nutrition. If you have an autoimmune disease, diabetes, chronic headaches, inflammation, thyroid disorder, mood swings, low energy, low libido or a shocking array of other health disruptions, you must read this book. Three years ago, Dr. Davis put forward the bold idea that wheat (and all seeds of grasses) was the root of our health troubles and with Wheat Belly Total Health, he explains the steps needed to heal ourselves of the disease we've developed through decades of misguided health advice including the dangerous low-fat and healthy whole grain food pyramid. Highly recommended!

This is a great book. It is a dry-read with some medical terminology. But, wading through the information is worth the trudge. Your health tomorrow depends on what you do today. Dr Davis comes through in very credible fashion. I have recommended this book to numbers of people. We do not live totally by the book. We also read Dr Joel Fuhrman's Eat To Live. The two Doctor's couldn't be further apart when it comes to meat consumption, but there are a number of commonalities. I advise people to read both books to garner the comparisons and contrasts of the two doctors' recommendations. One comparison is that they both agree that green vegetables are important. My wife and I have chosen to balance our food intake around principles gathered from both books. Wheat Belly: Dr Davis' chapter on why diets fail is very interesting. It ties nutrition to what you eat in an important to understand process. Don't just read it. Take this book to heart and learn what it is telling you. Knowledge is the most important fundamental part of change. Since Feb 2015, I am 6' 2" tall. It has been 14 months without wheat at the time of this writeup, I've lost about 20 pounds. I did not have the need to lose a lot of weight. I am now staying about 220 to 225. I am seldom hungry and think and feel clearer than I have in years. After being off of wheat, you will find that it will give you a

headache when you eat it again. There is also a mental dullness that will hang over you for a day or so.

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