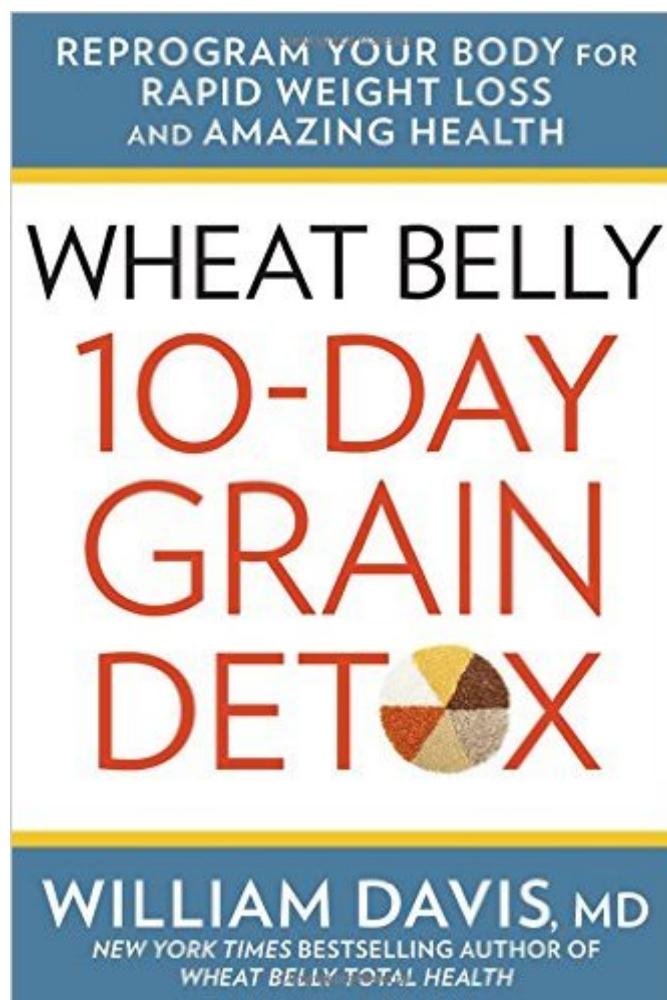


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Wheat Belly: 10-Day Grain Detox: Reprogram Your Body For Rapid Weight Loss And Amazing Health



Synopsis

Through the New York Times bestseller Wheat Belly, millions of people learned how to reverse years of chronic health problems by removing wheat from their daily diets. Now, Dr. William Davis has created an easy and accessible 10-day detox program. Wheat Belly 10-Day Grain Detox supplies you with carefully designed meal plans and delicious recipes to fully eliminate wheat and related grains in the shortest time possible. Perfect for those who may have fallen off the gluten-free wagon or for newcomers who need a jump-start to weight loss, this new addition to the Wheat Belly phenomenon guides you through the complete detox experience. In addition to the brand-new quick-start program, Dr. Davis teaches you how to recognize and reduce wheat-withdrawal symptoms, how to avoid common landmines that can sabotage success, and how to use nutritional supplements to further advance weight loss and health benefits. Wheat Belly 10-Day Grain Detox also includes inspiring testimonials from people who have completed the program (and have now made gluten-free eating a way of life), as well as exciting new recipes to help get your entire family on board.

Book Information

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Average Customer Review: 4.4 out of 5 stars See all reviews (5,604 customer reviews)

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Customer Reviews

I've been following Dr. Davis' heart scan blog for the past year, and have learned so much about how certain supplements can stop and even reverse plaque, high blood pressure, arthritis, diabetes, and many other health problems. And he talked a lot about wheat, and the many ways it destroys your health. But I've been hesitant to go wheat free. I love warm bread with butter, cinnamon rolls,

pizza, pasta, cake, pie, Ritz crackers, pretzels, and almost everything else made with wheat. So it wasn't easy to make the commitment to go without them. I pre-ordered this book, and finally went wheat free one week before the book was released. And what a difference. My blood pressure had been averaging 140/88 (taking two blood pressure medications). Now, after only two weeks of wheat-free eating, I've averaged 124/68 for the past four days. I've reduced one of my medications to keep my blood pressure from dropping too low after it fell to 108/58. It's crazy! And I'm not starving myself. I'm getting plenty to eat. So, why did I buy the book if I already knew what to do? Because this book goes into great detail about WHY wheat is a problem. If you're like me, you probably think of wheat as four-foot tall "amber waves of grain." But that's not what we are eating these days. It's an engineered version that's two feet tall, and is nothing like what I ate as a kid in the 1950s. And unfortunately, it raises your blood sugar higher than eating a candy bar. And if you don't think that's a problem then you need to learn more about how high blood sugar affects your health. "I don't need this book, because there's no way I'm giving up my bagels and pizza," you say.

I wasn't lucky enough to have a curious, clever, caring doctor like Dr Davis. My massive intolerance to wheat, you would think obvious from my extreme symptoms, went unrecognised and untreated for fifty years. By that time I had been following medically-prescribed, low-calorie, low- fat diets for most of my life. These were all based on wheat products - wholegrain bread and pasta - and completely and efficiently destroyed my health and my life. I became massively overweight, having been slender and attractive in my youth, and despite starving myself for protracted periods. I could not walk upright because of ataxia. I could barely breathe because of asthma. I could barely see. I couldn't focus my mind, despite previously having been a sharp-witted live broadcaster. I began to feel as if I were being possessed. I cried all day, for no reason. I suspected everyone of intending me harm, and wouldn't go out. I developed nerve damage, and often could not feel my legs or hands. My bloated stomach was so large that once, when I attended a POST-natal appointment, the nurses were asking me when my baby was due! I was so weak that I couldn't hold my newborn baby. In fact I couldn't hold my arms up long enough to wash my hair, and became dependent on carers. I developed tinnitus so loud that it could drown out the noise of overhead aircraft at an airport (and which, sadly, is still with me). I underwent many painful and pointless investigations, to try to find out what was wrong with me. My surgeons were as ignorant as my GPs. One took my appendix out, because he couldn't think what else to do. During one particularly horrific hospital stay, I remember a young doctor's standing at the foot of my bed, begging me to think what could be wrong with me, because it looked as if I might die.

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