



Wheat Belly Slow Cooker Kitchen: : Top 60 Easy-To-Cook Wheat Belly Slow Cooker Recipes to Help You Lose the Weight and Gain Total Health (a Low-Carb, Gluten, Sugar and Wheat Free Cookbook) (Paperback)

By Betty Moore

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. Large Print. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Lose the Wheat, Lose the Weight, and Find Your Path Back to Health The wheat belly slow cooker kitchen is a beginner s guide to the wheat belly dieting. It will revolutionized the way you think about your health by exposing you to the devastating effects of wheat, sugar, and carbs on the brain and empowering you with the knowledge in making the right decision on your daily dieting. If you eat the right foods, you can profoundly affect how your brains will be working this year, next year, in five years, and for the rest of your lives. This book 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. Williams patients and readers. And expanding up what his neurologist colleague Dr. David Perlmutter shared in his 2013 New York Times...



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