



Wheat Belly Diet: Grain Brain Eating

Cathy Wilson

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Wheat Belly Diet: Grain Brain by Best Selling Nutrition Author Cathy Wilson, is a subjective science-based look into the Wheat Belly Diet. This challenging food plan was originally created by cardiologist, Dr. William Davis. This controversial eating plan boasts... *Weight loss of 20 - 50 pounds in the first few months! *Reversal of osteoporosis *Cure for hair loss, ulcers, and psoriasis *Alleviation of type 2 diabetes - low sugar diet eating This introductory book looks deeper into these claims, discussing ALL factors in good health. This includes... *Gluten free food uncovered *Exercise in weight loss *What foods can you replace wheat and grain with? *How has wheat evolved? *Is the caveman diet sensible? It's the TYPE of wheat you're eating that's the real issue here! Is it all-natural, or processed and refined, stripped of nutrients? FACT - Weight loss occurs by expending more energy that you're consuming. So it's not necessarily what you are eating, but how much. Wheat Belly Diet: Grain Brain helps figure out your best strategy to lose weight the healthy way, and keep it off for good!

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