



Wheat Belly 10-Day Grain Detox

William Davis

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When *Wheat Belly* was first published in 2011 it changed the national conversation about health and weight loss and became an international bestseller. Millions of people read and learned how to reverse years of chronic health problems by removing wheat from their daily diet.

Now, for the first time, Dr. Davis provides a simple plan in *Wheat Belly 10-Day Grain Detox*. With carefully designed meal plans and delicious recipes, you'll have everything you need to fully eliminate wheat and related grains from your diet in just ten days. You will be guided through the complete detox experience and provided with instructions on how reduce or eliminate wheat-withdrawal symptoms. This plan is for people who follow Wheat Belly but may have fallen off the wagon, or for newcomers who need a quick jumpstart to weight loss and better health.

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