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Wheat Belly book summary. What you can and cannot eat with the wheat belly diet. And read the unbiased review, also available in PDF.

### **Wheat Belly: Book Summary & Review in PDF - The Power Moves**

Wheat Belly Summary by William Davis MD teaches you how to reduce your wheat intake to improve your health and tackle obesity.

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In view of the many new readers on the Wheat Belly Blog, ... here is the updated Wheat Belly Quick & Dirty summary.

### **Wheat Belly: Quick & Dirty 2 | Dr. William Davis**

Dr. William Davis, cardiologist, author of the New York Times Bestselling Wheat Belly Books, and health crusader for the wheat-free, grain-free lifestyle

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By Dr. William Davis (This is a summary of Dr. Davis's book on modern wheat " which has very helpful suggestions on weight loss, as well as other health issues.

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## **Wheat Belly Total Health Book Review - verywellhealth.com**

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