

# Wheat Belly Total Health: The Ultimate Grain-Free Health and Weight-Loss Life Plan



Whats next in the battle against wheat? In his follow-up to the mega best seller Wheat Belly, Dr. Davis helps his listeners take command of their lives and health in the aftermath of wheat. There are many strategies that will help heal the damage caused by years of a wheat-filled diet, and many of these lessons have been learned in the years following Wheat Bellys original release - lessons played out on a broad public stage with over 1,000,000,000 listeners, all participating in this grand adventure. Reordering your life after wheat is about learning how to regain full metabolic, gastrointestinal, thyroid, cardiovascular, hormonal, sleep, neurological, bone, and joint health. Understanding the strategies and putting them to use can take health several steps higher, even for those who have already had major health success without wheat. In addition to achieving better health in many different areas, life performance also improves in virtually all settings. In life after wheat, youll feel unrestrained, unimpaired, and unstoppable!

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