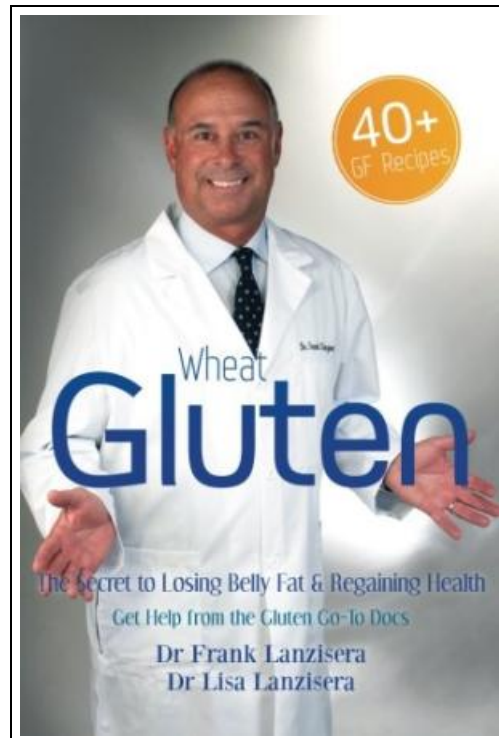


Wheat Gluten: The Secret to Losing Belly Fat Regaining Health Get Help from the Gluten Go-To Docs



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Reviews

This publication is very gripping and intriguing. It is among the most awesome book we have go through. You can expect to like how the author compose this book.
(Dr. Malika Bechtelar II)

WHEAT GLUTEN: THE SECRET TO LOSING BELLY FAT REGAINING HEALTH GET HELP FROM THE GLUTEN GO-TO DOCS



Createspace. Paperback. Condition: New. This item is printed on demand. 126 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. Whether it is called a genetically modified organism (GMO) or aggressively hybridized, the wheat that we eat today is substantially different from the grain we consumed just decades ago. This book details with science-based data what has gone wrong with wheat, why people develop gluten sensitivity, and clearly explains how gluten contributes to Leaky Gut Syndrome. It also features 40 gluten-free recipes ranging from gourmet appetizers to childrens lunches. Did you know that 1 in 7 people in the world today are gluten sensitive (GS) Thats an amazing number. . . . and 99 of those who are GS are not aware of it . Losing our muffin tops and belly fat can be accomplished with gluten out of our diets. . . but it is not as simple as it sounds. Many people experience everything from metabolic syndrome and migraine headaches to debilitating auto-immune disorders such as Hashimotos thyroiditis and fibromyalgia. The symptoms are broad in nature because the problems begin in the gastrointestinal system, the bodys most prominent player of our immune system. This book answers questions as to what gluten is, why it can damage the body, how wheat gluten now is different from 50 years ago, and what health conditions it can trigger. Non-celiac wheat sensitivity (NCWS) has only recently been identified as a clinical entity so most people, including doctors, do not fully understand it. Its difficult for most people to grasp the concept that a staple food in our diet may be causing so many health conditions. . . including autoimmune diseases. This book outlines the reasons why wheat gluten sensitivity should be considered if you suffer from excess weight or chronic disease. There are multiple components...



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