

Wheat Free: Wheat Belly Weight Loss, Wheat Free Diet, Cookbook, and Recipe Book (Paperback)



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Successstrax, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Millions of people all over the world are considered overweight or obese and are unable to lose weight. The incidence of chronic degenerative diseases is rising at an alarming rate. Nowadays our diets consist mainly of fast food and preservative-filled foods. However, with the rising number of people who suffer from various chronic diseases, many are looking for ways that they could improve their health. Joshua Collins has written the book **WHEAT FREE DIET: Lose the belly fat weight loss plan and wheat free recipe cookbook** in an effort to help individuals who are exploring the concept of wheat allergies and the resulting symptoms that result from this type of allergy. Eating a diet that is free from wheat and wheat by-products is becoming popular due to the fact that many people have been able to reduce many chronic symptoms that have plagued them for many years by instituting this type of eating program. Joshua Collins has written this book in an effort to impact the health of individuals who are sick and tired of being sick and tired. This e-book discusses the many different theories concerning wheat and its potential negative impact on health as well as the findings concerning a wheat-free diet. The book also includes the 5 top reasons why an individual should stop eating wheat, the most common signs and symptoms of a wheat allergy, The difference between a wheat allergy and Celiac disease, and much more. The book contains many delicious recipes for the non-vegan and and vegan. Going wheat-free can potentially help many people become healthier and feel good. Many people every day are choosing to eliminate wheat from their diets. When you add in the...



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