



# **Wheat Belly Diet: Skip the Wheat, Lose Weight and Live Healthy! Discover Quick and Easy Wheat-Free Recipes for a Better and Healthier Lifestyle**

*Mary Walsh*

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## **Wheat Belly Diet: Skip the Wheat, Lose Weight and Live Healthy! Discover Quick and Easy Wheat-Free Recipes for a Better and Healthier Lifestyle** Mary Walsh

Do you still feel sluggish even after following a good healthy diet? Are you 100% confident that your diet is as healthy as you think? You have finally decided to have a healthy lifestyle! And so, you started a diet that you think is healthy, staying away from bad cholesterol and other unhealthy fats. Yet, you still feel heavy and sluggish inside... Are you missing out on something? Discover a whole new way of dieting! Skip the wheat, lose weight, and live a healthier lifestyle. Do you know that wheat is the main contributor of obesity? Yes, it is! Minimizing wheat consumption is the key if you want to live a healthy life and stay away from that ugly wheat belly. This book will explain further about the dangers of wheat and will help you plan a totally wheat free diet. You will also learn the following healthy facts: o Addictive properties of wheat o Health disadvantages of wheat o Benefits of a wheat-free diet Plus, discover quick and easy recipes to help you complete a wheat

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