



Wheat Belly: The Worlds Bestselling Wheat Belly Diet Recipes To Lose The Wheat and Lose The Weight

Jennifer Michaels

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HOW TO STOP YOUR FOOD CRAWING!!

Recipe books to help you lose fat around your belly always fly off the shelf. That's because it is the number one concern of women (and some men).

Where does that bulging belly or "muffin top" come from?

People thought it was something left over from childbirth, but there's another theory floating around. Dr. William Davis, author of "Wheat Belly" says that grain is the culprit. The prevailing wisdom had been that a gluten-free diet would aid in making fat bellies disappear, but science seems to contradict this notion.

The protein Gliadin is causing tons of hangovers, but not the alcoholic kind. Turns out it's as addictive as street drugs, which is why people eat carbs to the detriment of their body. When the body digests gliadin, it craves more and more and more. This leads to more and more and more belly. Davis claims that all of the grain on the market is adulterated, and not the grain of our forefathers.

This is why there's epic obesity in this country;

eating adulterated grain that makes us crave more foods. For this reason, most of the recipes will exclude grains of any kind. While gluten-free recipes allow the use of certain grains, a wheat belly diet replaces grain with ground nuts and other grain-free flowers like buckwheat and emmer. In most cases, you will hardly be able to taste the difference.

To make this plan easy to follow takes a little bit of forethought. You will have to do a lot of planning in advance, but will be worth the effort!

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Tags: Wheat Belly Recipes, Wheat Belly Cookbook, Wheat Belly, Wheat Belly Diet, Ketogenic Diets ,Paleo

Diet, Weight Loss

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