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provide the day-to-day tools to succeed in the wheat-free lifestyle. Wheat Belly Total Health picks up where the original Wheat Belly left off, showing the reader how to reclaim health by mending all the health disruptions left by grain consumption.

Dr. William Davis |
Cardiologist &
Author of Wheat
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having read the
original Wheat Belly
and the practice has
changed my quality of
life! My whole sense of
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improved, including
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and enjoying food
despite all that is going
on in the world:

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(and the stress), put on
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