

Wheat Belly 10-Day Grain Detox: Reprogram Your Body for Rapid Weight Loss and Amazing Health



Through the New York Times best seller Wheat Belly, millions of people learned how to reverse years of chronic health problems by removing wheat from their daily diets. Now Dr. Davis provides a simple 10-day grain-detox plan, with carefully designed meal plans and delicious recipes that include everything needed to fully eliminate wheat and related grains. You will be guided through the complete detox experience and learn how to reduce or eliminate wheat-withdrawal symptoms. Inspiring and informative results from test panelists will help keep you on your Wheat Belly journey. Whether you've fallen off the wagon or are new to the wheat-free life, Wheat Belly 10-Day Grain Detox will help you achieve better health and performance while undoing a lifetime of damage caused by grains.

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