



# Wheat Belly Journal: Track Your Path Back to Health

*William Davis*

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## **Wheat Belly Journal: Track Your Path Back to Health** William Davis

In his #1 *New York Times* best seller, *Wheat Belly*, Dr. William Davis shared his provocative revelation that wheat is the single biggest contributor to our nation's obesity epidemic and a host of other medical concerns?and that eliminating wheat from our diets is key to ensuring our nation's health now and in the future.

With the *Wheat Belly Journal*, readers now have the essential tool to help track their path to a wheat-free life and rid themselves of belly fat for good. Including wheat belly guidelines, a full week's worth of menus, and tips to maintain a wheat-free life, this beautifully designed journal gives readers all the space they need to record their favorite *Wheat Belly* meals and their progress as they eliminate wheat from their diets.

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