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Wheat Belly Slim Guide: The Fast and Easy Reference for Living and Succeeding on the Wheat Belly Lifestyle

William Davis

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The #1 *New York Times* bestseller *Wheat Belly* taught us how to reverse years of chronic health problems by removing wheat from our daily diets. Now, Dr. William Davis has created a portable guide, perfect for quick reference at the grocery store. *Wheat Belly Slim Guide* contains:

- an extensive grocery and pantry list
- lists of safe sweeteners, safe thickeners, and safe flours
- a guide to carb counting
- advice on finding good food sources of prebiotic fibers to restore bowel health
- information on grain-free alcoholic beverages
- top ten easy recipes
- tips on how to control cravings

...and much more!

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Belia Gillespie:

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