



Wheat Belly: Wheat Belly Cookbook: 30+ Wheat Free Recipes to Lose Wheat, Lose Weight & Be Healthy (Wheat Belly, Wheat Belly Diet, Wheat Belly Total Health, ... Free Diet, Wheat Free Recipes, Wheat Belly)

Sandra Butler

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A complete guide to vegetarian cooking with over 50 delicious and easy to cook recipes

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Many people think that whole grains like wheat is good for our health, but some wheat contains a large amount of gluten, which is not good for human consumption. The wheat that we are eating today has far cry from the ancient plant. Today, the wheat that we are eating has many genetic changes and hence many harmful chemical substances have added to the wheat crop that are not good for human consumption. The wheat that we eat today has many harmful components like gluten, WGA (wheat germ agglutinin), and opioid peptides. WGA is a lectin found in wheat that is harmful for human consumption and can damage cells of our body. Opioid peptides are psychoactive chemicals that are not good for a healthy human because it is a chemical found in similar psychoactive drugs like opium or morphine.

Wheat contains a high amount of saturated sugar, so stop eating wheat if you are suffering from diabetes or your family has a high rate of diabetes patients, because studies have now proven that the people who eat what are more likely to diagnose from diabetes in near future. Eating 2 slices of whole wheat sugar are more harmful than drinking a can of sugar soda. Wheat is also not good for your skin. Eating wheat can produce advanced glycation end products that cause early aging signs. Due to this reaction in your body, some signs of aging like wrinkles and elasticity loss of skin appear among the person who consumes wheat. Another major problem that wheat consumption can cause is baldness. There may be many causes of baldness in people like hereditary, medical effects like chemotherapy. But you would not know that one type of baldness is also occurs due to wheat consumption called alopecia areata. Alopecia areata is fuelled by wheat consumption and a celiac like inflammation flares up in the skin.

If these reasons are not enough for you to inspire giving up wheat consumption, then you would be amazed to know that eating wheat can also cause high blood pressure and thereby cardiovascular problems. Any kind of wheat whether organic, stone-ground, or home baked contains many compounds that are responsible to trigger high blood pressure and increase unhealthy cholesterol particle in the blood.

Many big companies are earning a huge profit from wheat production and that's why they are not willing to tell you the truth. The government also takes a huge amount of tax and excise from these companies, so forget that they should tell you the truth. So, there is a whole cover up so that these companies should get the

profit from their wheat consuming customers, despite of the fact that they are pushing themselves to harmful diseases. So, if you are consuming wheat, then give up immediately and follow some of the healthy wheat free recipes in this book to stay healthy.

Let's get started.....

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Take action right away by downloading this book for a limited time discount of only \$0.99! Hurry Up!!

Tags: Wheat Belly, Wheat Belly Diet, Wheat Belly Total Health, Wheat Belly Cookbook, Wheat Free Diet, Wheat Free Recipes, Wheat Belly Recipes

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Kyle Coffman:

Have you spare time to get a day? What do you do when you have far more or little spare time? Yes, you can choose the suitable activity intended for spend your time. Any person spent all their spare time to take a go walking, shopping, or went to the Mall. How about open or even read a book titled Wheat Belly: Wheat Belly Cookbook: 30+ Wheat Free Recipes to Lose Wheat, Lose Weight & Be Healthy (Wheat Belly, Wheat Belly Diet, Wheat Belly Total Health, ... Free Diet, Wheat Free Recipes, Wheat Belly)? Maybe it is to get best activity for you. You already know beside you can spend your time along with your favorite's book, you can wiser than before. Do you agree with their opinion or you have various other opinion?

Dianne Tripp:

Now a day those who Living in the era everywhere everything reachable by interact with the internet and the resources inside it can be true or not demand people to be aware of each info they get. How a lot more to be smart in having any information nowadays? Of course the reply is reading a book. Reading a book can help men and women out of this uncertainty Information especially this Wheat Belly: Wheat Belly Cookbook: 30+ Wheat Free Recipes to Lose Wheat, Lose Weight & Be Healthy (Wheat Belly, Wheat Belly Diet, Wheat Belly Total Health, ... Free Diet, Wheat Free Recipes, Wheat Belly) book because this book offers you rich data and knowledge. Of course the data in this book hundred % guarantees there is no doubt in it everbody knows.

Jacqueline Britt:

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but nothing reading really. Any students feel that looking at is not important, boring and also can't see colorful pictures on there. Yeah, it is to be complicated. Book is very important to suit your needs. As we know that on this period, many ways to get whatever we would like. Likewise word says, many ways to reach Chinese's country. So , this Wheat Belly: Wheat Belly Cookbook: 30+ Wheat Free Recipes to Lose Wheat, Lose Weight & Be Healthy (Wheat Belly, Wheat Belly Diet, Wheat Belly Total Health, ... Free Diet, Wheat Free Recipes, Wheat Belly) can make you experience more interested to read.

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