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LOSE THE WHEAT, LOSE THE WEIGHT,  
AND FIND YOUR PATH BACK TO HEALTH

**#1**  
NEW YORK  
TIMES  
BESTSELLER



# WHEAT BELLY

WILLIAM DAVIS, MD  
WITH A NEW FOREWORD BY THE AUTHOR

William Davis

# Wheat Belly: Lose the Wheat, Lose the Weight, and Find Your Path Back to Health



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In this #1 NY Times Wheat Belly, Davis exposes the harmful effects of what is actually a product of genetic tinkering and agribusiness being sold to the American general public as "wheat"—Every day, over 200 million Americans consume food products manufactured from wheat. After witnessing over 2,000 patients regain their health after giving up wheat, Davis reached the disturbing conclusion that wheat is the single largest contributor to the nationwide obesity epidemic—" According to Davis, that excess fat has nothing to do with gluttony, sloth, or too much butter: It's due to the entire grain wraps we consume for lunch. As a result, over 100 million of these experience some form of adverse health impact, ranging from minimal rashes and high blood sugar to the unattractive abdomen bulges that preventive cardiologist William Davis phone calls "wheat bellies. and its elimination is paramount to dramatic weight reduction and optimal health. and provides visitors with a user-friendly, step-by-step plan to navigate a new, wheat-free way of life. bestseller, a renowned cardiologist explains how eliminating wheat from our diet programs can prevent fat storage, shrink unsightly bulges, and reverse myriad health problems. In Informed by cutting-edge science and nutrition, alongside case studies from men and women who have experienced life-changing transformations in their wellness after waving goodbye to wheat, Wheat Belly is an illuminating appear at what's truly making Americans sick and an action plan to clear our plates of the seemingly benign ingredient.



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