



Adicto al pan: Elimina el trigo, baja de peso y mejora tu salud (Wheat Belly: Lose the Wheat, Lose the Weight, and Find Your Path Back to Health) (Spanish Edition)

William MD Davis

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Over 200 million Americans consume food products made of wheat every day. As a result, over 100 million experience some form of adverse health effect, ranging from minor rashes to high blood sugar to unattractive stomach bulges preventative cardiologist William Davis calls "wheat bellies." According to Davis, that excess fat has nothing to do with gluttony, sloth, or too much butter: it's due to the whole grain wraps we eat for lunch. After witnessing over 2,000 patients regain health after giving up wheat, Davis reached the disturbing conclusion that wheat is the single largest contributor to the nationwide obesity epidemic and that elimination of wheat is key to dramatic weight loss and optimal health. In national bestseller, Dr. Davis exposes the harmful effects of what is actually a product of genetic tinkering and agribusiness being sold to the American public as "wheat" and provides readers with a user-friendly, step-by-step plan to navigate a new wheat-free lifestyle.

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From reader reviews:

Frances Oberlin:

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Amanda Despain:

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