

# Download Wheat Belly William Davis Pdf

Wheat Belly (2011) is a an anti-wheat book that also recommends a low-carb diet and avoiding bad fats and cured meats. Gluten-Free. Eat unprocessed, real foods including vegetables, meats, raw nuts and seeds. William R. Davis is a Milwaukee-based American cardiologist and author of health books known for his stance against "modern wheat", which he labels a "perfect, chronic poison." "The food you eat is making you sick and the agencies that are providing you with guidelines on what to eat are giving dangerous advice with devastating health consequences." 2 8. er ist zu fanatisch vegetarisch, das wird bei ihm zur Ideologie. Er unterscheidet bei Fisch und Fleisch nicht die Menge, nicht die Art der Tierhaltung und nicht, für welchen