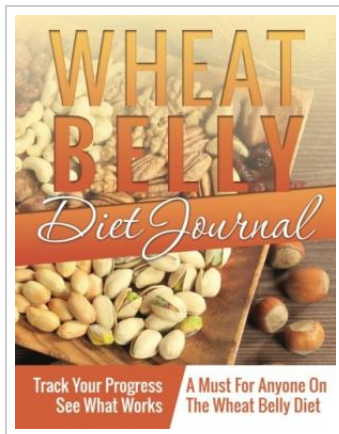




Wheat Belly Journal (Paperback)

By Speedy Publishing LLC

Speedy Publishing LLC, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. The wheat belly diet has become a popular elimination diet that touts increased energy levels and desirable amounts of weight loss. People following the diet usually need to start new eating habits, which include eliminating many common foods while limiting others. There are also certain foods that diet followers are encouraged to partake more of. As followers become adjusted to the new way of eating and living, journals of wheat belly diet guidelines and progress provide a very helpful avenue for tracking successes and failures.



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