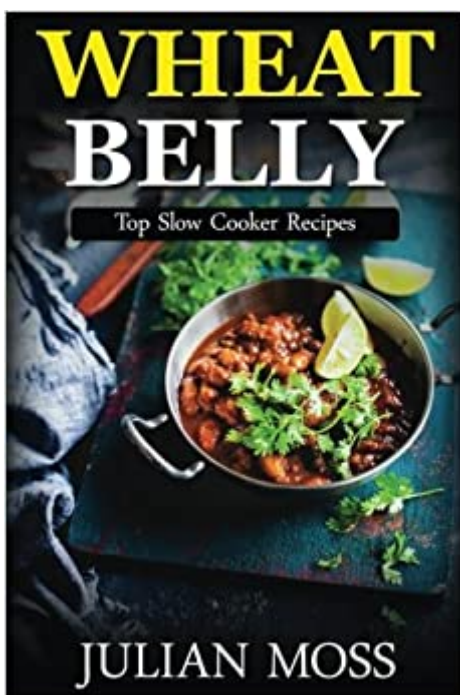


The book was found

Wheat Belly: Top Slow Cooker Recipes: 230+ Grain & Gluten-Free Slow Cooker Recipes For Rapid Weight Loss With The Revolutionary Wheat Belly Diet (The Wheat-Free Cookbook)



Synopsis

Hundreds of Creative Wheat & Gluten Free Slow Cooker Recipes Await! Introducing The Revolutionary Wheat Belly Diet... Over 230+ Approved Grain & Gluten-Free Slow Cooker Recipes for Rapid Weight Loss. Wheat & Grains have been at the Heart of humankind's diet for a few thousands of years now. This cornerstone crop has been the foundation of civilization. This age-old agricultural tradition has been traced back more than 10 000 years by historians. But in the last few generations, something's gone VERY wrong. The modern induction of GMO's as well as industrialised processing has given rise to a New Silent Killer. Purchase this book to find out scientifically proven & practical strategies to repair the Destructive chronic illnesses that modern day Wheat, Grains & Flour have caused to your body. Why Use a Slow Cooker? Using a Slow Cooker is the Best and Easiest way to save time and still prepare a nutritious Wheat-Free Meal. Assemble the meal in the morning, add all ingredients into the Slow Cooker and at the end of the day Viola! Your Wholesome Dinner is ready without any mess or dishes to clean! This book contains HUNDREDS of Wheat & Gluten Free Slow Cooker recipes! Some of the Profound Benefits You are Guaranteed to Experience: Cure Digestive Tract Disorders, Eliminate Allergies, Increase Energy Levels & Vitality, Accelerated Fat Loss, Lower Blood Sugar & Cholesterol, Hormonal Balance, Reverse Diabetes, Normalised Sleeping Patterns, Reduced Anxiety and Stress. Think of the Wheat Belly Diet like pushing the "reset" button with your overall health and relationship with your food habits. Here Is A Preview Of The Wholesome recipes you will find in this book: Chives and Bacon Breakfast Omelet, Courgette Sausages and Bacon Casserole, Breakfast Pizza, Crockpot Turkey and Eggplant Braise, Smoked Paprika Pork Tenderloin, Soupe a L'oignon, Crockpot Spinach-Feta Stuffed Chicken Breasts, Slow Cooker Ground Beef and Pumpkin Chili, Seafood Soup, Slow Cooker Lobster Bisque, Hungarian Rhapsody Cabbage Stew, Braised Apple Cider Pork, Peppermint Lamb with Green Beans, Seafood Chowder (Crock Pot), Slow Cooker Grouper and Shrimp Soup, Mediterranean Monkfish Stew, Slow Cooker Lamb with Mushrooms, Haricot. Comes with One Full Month Meal Plan to Jump-start your new Wheat Belly Lifestyle... Let this book be your guide as you start your journey to a healthier, happier, fitter and more successful life!

Book Information

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Customer Reviews

Julian Moss is a writer, best-selling author, public speaker, and lifestyle pioneer in the sphere of human health, personal development, and strategic living. His mission is to educate, inspire and re-empower people to take control of their health and happiness through healthy eating, positive thinking and good lifestyle changes. He believes that nature has provided all the resources we need to live an abundantly happy life and so he encourages you to eat organic fruit and vegetables, free range grass fed and pasture raised meat, to drink filtered or spring water, to think positive thoughts, to exercise as much as possible and as a result to be the best you can be. After over 5 years of rigorous scientific study and practical implementation he has concluded that the Wheat Belly Diet is the healthiest and fastest way you can reach your optimal weight guaranteed, because it is the only nutritional approach that works with your genetics. He works with a holistic approach to life where he focuses on physical, mental, emotional and spiritual well being. He is committed to bringing you the latest in cutting edge information, and combining it with practical and easy to prepare recipes. Julians books will provide a spectrum and give you real-world tools to manage and optimize your own personal health depending what your individual goals and aims are. In his spare time he enjoys trail running, hiking, river kayaking and anything that involves the great outdoors.

As I read through this book, I found clean, fresh, healthy slow cooker recipes bursting with flavor that are, as this book says, 100 percent natural and that will rev up your metabolism. The wheat belly diet expounds on a practical and sustainable way to nourish our bodies to maintain life-long health, physical performance and overall wellness. These recipes were able to show me that the secret to the healthiest and tastiest meals is using fresh, natural, organic and wholesome ingredients. All the things I needed for this wheat belly diet.

Wheat belly is becoming more common diet. It has been shown that when the eject wheat from your diet, your body will be reborn. This is an excellent book in which you will find very useful information as well as great recipes for dishes without wheat. This book contains a combination of breakfast, lunch and dinner. In addition to this book, you do not need no other books on this topic. Very well done!

Excellent! The writer provides very new-to-me type of information on the benefits ongoing full wheat. No only does it help you lose weight, which let alone is amazing the book makes you healthier mentally also. This book has really helped us get all of that under control. It took a lot of the guesswork out of what she should and should not be doing/eating. Now that we've followed everything here, she is much better and has seen great improvements in weight loss as well! This book made me happy. This book is for you.

this is definitely one of the best diet books i have come across as everything is straight forward, easy to follow, clean and healthy recipes with clear instructions and well organised content. very helpful kind of diet and a must try

A+

Wheat speeds up metabolism which in turn results in weight loss. I know this because I took up basic nutrition in college, and do not agree at all that it's better to eliminate these food items from one's diet. This here is an excellent resource for grain-based recipes if you're looking for ideas. Great for people who need to be in on the gluten-free diet as well.

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