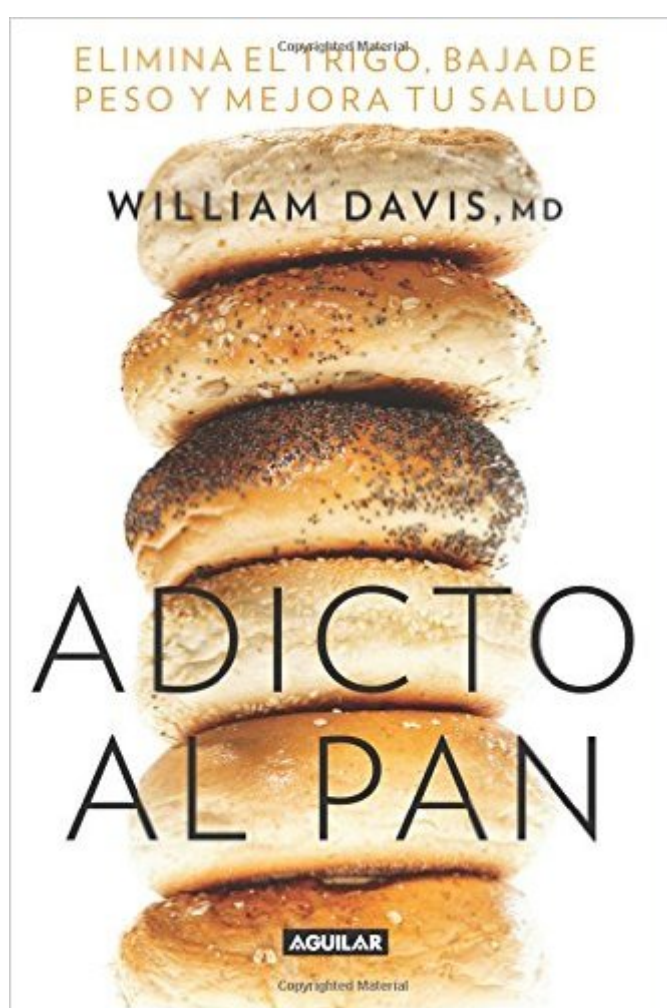


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# Adicto Al Pan: Elimina El Trigo, Baja De Peso Y Mejora Tu Salud (Wheat Belly: Lose The Wheat, Lose The Weight, And Find Your Path Back To Health) (Spanish Edition)



## Synopsis

Se exponen los efectos nocivos del trigo , un producto que está alterado genéticamente y que nada tiene que ver con lo que consumían nuestros antepasados. Después de ser testigo de cómo más de 2,000 pacientes recuperaron la salud al eliminar el trigo de su dieta diaria; el Dr. Davis llegó a la conclusión de que éste es el mayor contribuyente a la obesidad, y al prescindir de él se reduce el peso dramáticamente, se corrigen las anomalías del colesterol, se alivian las enfermedades inflamatorias como la artritis y se mejora el estado de ánimo. La mayoría de las enfermedades tienen su origen en una dieta alta en trigo; a consecuencia de consumir este alimento, la salud se deteriora y se generan afecciones que van desde erupciones en la piel, elevación del azúcar en la sangre e inflamación del vientre, hasta ataques cardíacos. Al eliminar el trigo de tu dieta, puedes prevenir la acumulación de grasa, reducir protuberancias antiestéticas y revertir múltiples problemas de salud. Wheat Belly es un plan fácil, paso a paso, para navegar por un nuevo estilo de vida libre de trigo.

ENGLISH DESCRIPTION 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.

## Book Information

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## Customer Reviews

Yo leÃ© este libro en su versiÃ³n en inglÃ©s y me pareciÃ³ que la informaciÃ³n contenida era esencial para las personas que buscan una mejor dieta y mejorar su salud evitando aquellos alimentos que causan inflamaciÃ³n y muchas complicaciones a causa del contenido del trigo. En vista de ello, decidÃ© comprar esta versiÃ³n en espaÃ±ol para que la leyera mi madre, y ella estÃ¡ muy agradecida por haber tenido acceso a esta informaciÃ³n. 100% recomendable la informaciÃ³n del doctor Davis, a quien vi en una oportunidad en el conocido show del Dr. Oz. Como antecedentes personales, les puedo compartir que fui diagnosticada con PCOS y he pasado la mitad de mi vida tratando de lidiar con esta enfermedad. Recientemente he realizado un tratamiento hormonal con mi ginecÃ³logo y obstetra y no solo han mejorado fisiolÃ³gicamente mis ovarios (ya no se observan las caracterÃsticas de un ovario poliquÃstico) sino que ademÃ¡s he perdido peso, ya no soy resistente a la insulina y me siento genial. La dieta que sigo, a instrucciÃ³n de mi mÃ©dico, no incluye trigo, aunque yo ya habÃ©a optado por eliminarlo de mi dieta cuando cambiÃ© mis hÃ¡bitos alimenticios y optÃ© por seguir un estilo de vida paleolÃtico. Si desean informaciÃ³n adicional que les sirva de referencia del porquÃ© las personas que comen al estilo paleo no ingieren granos y alimentos que inflaman el sistema digestivo, este es un libro ideal para empezar. AsÃ­ como para todas aquellas personas que padecen diabetes y que usualmente se les recomienda comer granos integrales. AquÃ­ les explica el porquÃ© ese enfoque es errado.

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