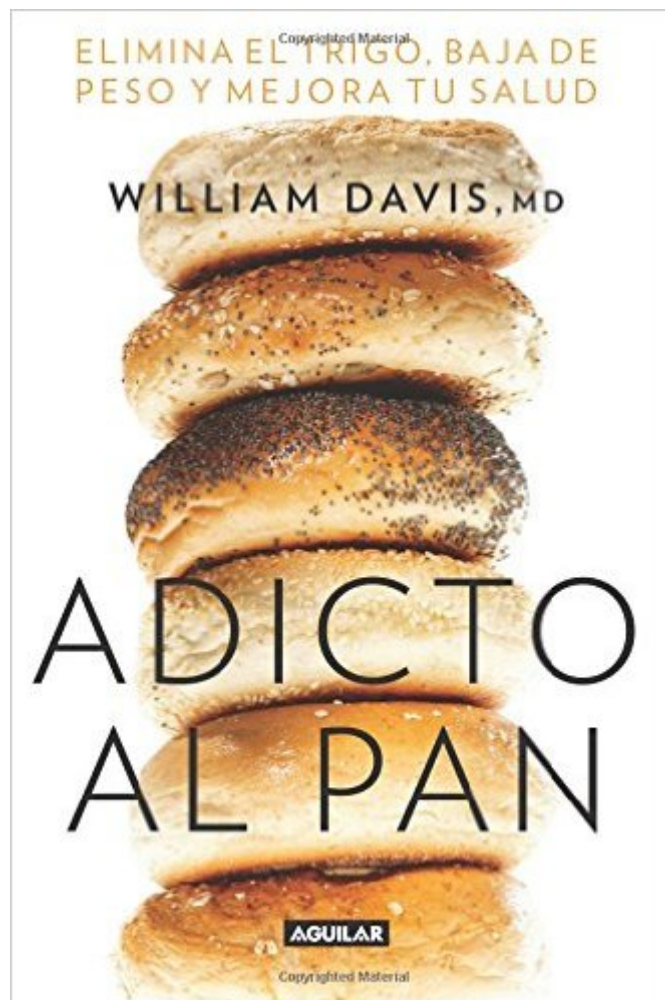


The book was found

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

Paperback: 208 pages

Publisher: Aguilar (August 15, 2014)

Language: Spanish

ISBN-10: 1631130315

ISBN-13: 978-1631130311

Product Dimensions: 6 x 0.8 x 9 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars See all reviews (5 customer reviews)

Best Sellers Rank: #322,182 in Books (See Top 100 in Books) #62 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Wheat Free #66 in Books > Libros en espaÃ±ol > Salud, mente y cuerpo > NutriciÃ³n #84 in Books > Libros en espaÃ±ol > Salud, mente y cuerpo > Dietas y Perdida de Peso

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 habÃ­a 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.

[Download to continue reading...](#)

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) Wheat Belly Cookbook: 150 Recipes to Help You Lose the Wheat, Lose the Weight, and Find Your Path Back to Health Wheat Belly Diet: For Beginners A Guide On Weight Loss and Total Health (Wheat Free Cookbook Included, Now With 20 Delicious Recipes) (wheat belly diet weight loss cure) Zero Belly Fat: Smoothies, Juices, Salads and Many Other Healthy Recipes to Lose Weight and Maintain Flat Belly (Weight Loss, Zero Belly Diet, Flat Belly Diet, Healthy Diet) Wheat Belly Diet: A 14-Day Wheat Belly Diet Plan To Lose Belly Fat In 14 Days (Gluten Free) Belly Fat: The Healthy Eating Guide to Lose That Stubborn Belly Fat - No Exercise Required (Belly Fat, Healthy eating, weight loss for women,

low fat, ... wheat, detox, grain free, gluten free) Wheat Free Diet: Lose the belly fat weight loss plan and wheat free recipe cookbook. Ideal diet for wheat, gluten and food allergy sufferers WHEAT BELLY DIET FOR BEGINNERS: Grain-Free, Wheat-Free, Gluten-Free Cookbooks and Recipes For Weight Loss Plans and Solutions Included! (Wheat Free Grain Free Gluten Free Weight Loss Diet Book 1) Belly Fat: Blowout Belly Fat Clean Eating Guide to Lose Belly Fat Fast No Diet Healthy Eating (Eating Clean, Healthy Living, Gluten, Wheat Free, Low Fat, Grain Free Diet, Detox) (Live Fit Book 1) Belly Fat Diet Book [Second Edition]: Your Path to a True Belly Fat Cure, and Staying Belly Fat Free for Life Weight Loss: 20 Proven Smoothie Recipes For Weight Loss, Health, And Energy (Lose Weight Fast, Smoothies For Weight Loss, Smoothie Recipes, Lose Weight, ... Loss Smoothies, Weight Loss Motivation,) One-Pan Wonders: 50 Clean Eating Sheet Pan Recipes for Delicious, Healthy Hands-Off Suppers, Lunches and Snacks Straight From the Oven (Clean Eating Sheet Pan Cookbook) Flat Belly: Dash Diet Weight Loss Action: Lose Weight The Natural Way & Lower Blood Pressure On A Healthy Lifestyle (Flat Belly, Dash Diet Weight Loss ... Diet for Weightloss, Dash Diet Cookbook) Weight Loss: 30 Days Weight Loss Challenge - Eat More Food Lose More Weight - Turn Your Weight Loss Vision Into Reality (How to Lose, Weight Loss Tips, Women, Weight Loss Nutrition, Diet Plan) Adicto al pan. Recetas en menos de 30 minutos (Spanish Edition) The Garcinia Cambogia Miracle: A Complete Guidebook For The Holy Grail Of Weight Loss! (Garcinia Cambogia, Weight Loss, Lose Weight, Paleo Diet, Whole ... Free, Wheat Belly, Atkins, Dash Diet) Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) Flat Belly Tea Cleanse: A Fast and Easy Approach on How to Lose Inches Off Your Waist, Boost Metabolism and Burn Excess Body Fat (7 day,tea cleanse,belly fat,diet,weight loss,lose,detox Book 1) La frontera misional dominica en Baja California (Coleccion Baja California, nuestra historia) (Spanish Edition) Las fundaciones misionales dominicas en Baja California, 1769-1822 (Coleccion Baja California, nuestra historia) (Spanish Edition)