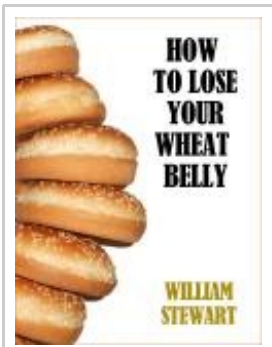


New Wheat Belly Book Exposes Weight Loss Myths

Kishore Dharmarajan March 16, 2013



Wheat Belly Book

Newly released wheat belly book 'How to Lose Your Wheat Belly', exposes the dangers of wheat and shows a practical way to burn belly fat while regaining health by following the wheat belly diet.

(Newswire.net -- March 16, 2013) Raleigh, NC -- While many rush to buy the latest diet books that provide quick solutions, a newly launched wheat belly book shows how to gain long term weight loss and optimum health by avoiding gluten-free wheat and following a simple exercise routine.

According to William Stewart, author of newly-launched *How to Lose Your Wheat Belly*, “we live in the microwave era and we need everything quickly. Unfortunately a quick fix diet also has short term benefits. This is why you need to have a long term plan for your weight loss and *How to Lose Your Wheat Belly* can help you do that.”

How to Lose Your Wheat Belly, promotes natural weight loss techniques like eating gluten-free food and following a wheat belly diet for providing long term weight loss benefits. The new [wheat belly book](#) will be available from amazon and help those looking for long-lasting weight loss results.

Just like the bestselling book *Wheat Belly: Lose the Wheat, Lose the Weight, and Find Your Path Back to Health* by William Davis, *How to Lose Your Wheat Belly* also asserts the dangers of consuming “genetically altered” modern wheat and shows how to burn belly fat by following the [wheat belly diet](#).

How to Lose Your Wheat Belly shows why wheat is at the root of a multifaceted problem: obesity. William, like Davis of wheat belly fame, says that the problem with wheat is a protein called gluten. In all these years of traditional wheat breeding, mankind has made changes in the structure of gluten that is potentially harmful to human health.

While scientists investigate the connection between wheat and obesity, it is quite evident that the culprit behind expanding waistlines is the consumption of highly processed wheat products. A steady intake of refined grains can lead to increased levels of insulin, which can drive appetite and fat storage. This is why a [wheat free diet](#) is critical for weight loss.

How to Lose Your Wheat Belly advises that besides wheat, potatoes, processed gluten-free foods (such as breads and crackers), juices, dried fruit, soy products and energy bars should be avoided. Another interesting aspect of the book is that it is also a [wheat belly cookbook](#) with a variety of wheat belly recipes that can be tried at home.

For more information on the Wheat belly diet and wheat belly recipes, visit <http://www.amazon.com/Lose-Your-Wheat-Belly-ebook/dp/B00BRKW33Y/>

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