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Lose Wheat, Lose Weight: The New Allergy-free Diet Plan with 60 Easy Recipes

Antoinette Savill, Dawn Hamilton

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Eating wheat can cause bloating, headaches, skin conditions, tiredness, digestive discomfort and needless weight gain. "Lose Wheat, Lose Weight" has helped thousands of people to cut wheat out of their diet while still enjoying delicious food and losing weight in the process. This book contains: nutritional information and a full explanation of why the wheat-free diet works; an explanation of wheat's connection to a variety of different symptoms, sugar sensitivity and cravings; case histories from people whose lives have changed for the better after cutting wheat out of their diet; and recipes that prove you can enjoy all that the varied modern diet has to offer without eating any wheat.

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