



# **The Wheat Belly Slowcooker Recipes:: Quick and Easy-to-Cook Wheat Belly Slow cooker Recipes for Busy Mum and Dad (Grain free, Gluten free, wheat free, sugar free and low carb free)**

*Steve Rowland*

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#Do you know that wheat and grain-based foods can increase the potential for a surprising number of health issues in our body!

The WHEAT BELLY SLOWCOOKER RECIPES will help you in dealing with such neurodegenerative diseases as dementia, seizures and Alzheimer's disease and as well as many other quality of life issues.

This book is a great sit-down read, as well as a beginner's guide to the wheat belly diets. This book contains other "hacks" as described in the wheat belly Diet, which will make you feel really transform. I personally assure you that you will feel your best (sharper, happier, calmer) eating wheat free diet. I have recommended this type of diet to my patients and many have testified that the feel calmer, happier and have lost weight, without feeling hungry or unsatisfied.

Give this book a try and it will assist you to embark on the journey of a wheat Belly lifestyle and at the same time live better, healthier and lose weight.

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