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HEALTH & WELLNESS



Transforming Health
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October 26th 2011: Special Encore
Presentation: The truth about wheat!

This week you will find out how eliminating wheat from our diets can prevent fat storage, shrink unsightly bulges, and reverse myriad health problems. Every day, over 200 million Americans consume food products made of wheat. As a result, over 100 million of them experience some form of adverse health effect, ranging from minor rashes and high blood sugar to the unattractive stomach bulges that preventive cardiologist William Davis calls "wheat bellies." According to my guest this week, Dr. Davis, excess fat has nothing to do with gluttony, sloth, or too much butter: It's due to the whole grai

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