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The Paleo Diet Defined is my concise definition of the core paleo diet and eating guide, which like the paleo diet focuses Diet (2005 Expanded Edition)

Grains - part 1 - paleo simplified

Food made from wheat, rice, oats, corn, or another cereal is a grain product. You see in so many places that grain should be part of a healthy diet.

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For everyone who asked for a simplified, essentials-only version of the diet I advocate in Wheat Belly, here it is. This is the very same diet I advise for patients

The vocabulary.com top 1000 - vocabulary list :

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Wheat belly diet - living a wheat free lifestyle

What is a Wheat Belly? Knowledge is power, and thanks to the latest research on genetically modified wheat, we have power over our health and weight.

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Wheat belly diet explained | marisa's kitchen

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