



# **Sin trigo, gracias: Dile adiós al trigo, pierde peso y come de forma saludable (Spanish Edition)**

*William Davis*

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**¿Sabías que comiendo dos rebanadas de cualquier tipo de pan de trigo puedes incrementar tu nivel de glucosa en sangre más que con dos cucharadas soperas de azúcar puro?**

*Sin trigo, gracias* es una mirada provocadora y distinta de cómo, eliminando de nuestra dieta el trigo -a menudo considerado saludable por ser un cereal-, podemos perder peso y prevenir una amplia gama de problemas de salud.

Basándose en décadas de estudios clínicos con extraordinarios resultados, el cardiólogo William Davis observó que cientos de pacientes a los que había recetado regímenes sin trigo mejoraban notablemente su salud y decidió escribir un libro que revelara los efectos dañinos de este ingrediente tan común en nuestra dieta.

Una dieta sin trigo se asocia a beneficios físicos importantes:

- Pérdida de peso significativa en los primeros meses.
- Alivio y mejora de la diabetes tipo 2.
- Mejora de los problemas intestinales, como la colitis ulcerosa y la celiaquía.
- Mejora notables de los niveles de colesterol y LDL.
- Mayor densidad ósea y mejora de la osteoporosis.
- Mejora de enfermedades de la piel como la psoriasis, úlceras bucales o pérdida de cabello.
- Reducción de la inflamación y el dolor causados por la artritis reumatoide.

De fácil lectura y cuidadosamente documentado, este libro te ofrece una nueva perspectiva más crítica sobre el trigo que comemos en la actualidad que cambiará drásticamente tu modo de pensar.

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