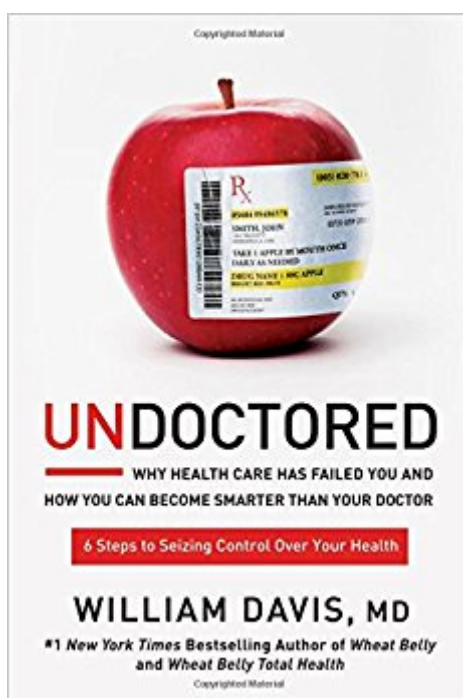


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Undoctored: Why Health Care Has Failed You And How You Can Become Smarter Than Your Doctor



Synopsis

Conventional health care is no longer working in your favorâ•but thankfully, Dr. Davis is. In his New York Times bestseller *Wheat Belly*, Dr. William Davis changed the lives of millions of people by teaching them to remove grains from their diets to reverse years of chronic health damage. In *Undoctored*, he goes beyond cutting grains to help you take charge of your own health. This groundbreaking exposÃ© reveals how millions of people are given dietary recommendations crafted by big business, are prescribed unnecessary medications, and undergo unwarranted procedures to feed revenue-hungry healthcare systems. With *Undoctored*, the code to health care has been crackedâ•Dr. Davis will help you create a comprehensive program to reduce, reverse, and cure hundreds of common health conditions and break your dependence on prescription drugs. By applying simple strategies while harnessing the collective wisdom of new online technologies, you can break free of a healthcare industry that puts profits over health. *Undoctored* is the spark of a new movement in health that places the individual, not the doctor, at the center. His plan contains features like:â• A step-by-step guide to eliminating prescription medicationsâ• Tips on how to distinguish good medical advice from badâ• 42 recipes to guide you through the revolutionary 6-week program *Undoctored* gives you all the tools you need to manage your own health and sidestep the misguided motives of a profit-driven medical system.

Book Information

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Customer Reviews

"Americaâ™s 'healthcare' system is anything but. With its dedication to highly monetized interventions, consumers have been relegated to serving as pawns in an impressively profitable

paradigm focused on illness, while the notion of keeping us healthy is of little concern. In *Undoctored*, Dr. Davis explores this revelation, and thereafter, transforms the reader from passive bystander, sitting on the sidelines at the mercy of the system, to an active participant, deeply engaged in the process of regaining and maintaining optimal health. This is a powerfully empowering and life-changing text." • David Perlmutter, MD, FACN, board-certified neurologist and author #1 New York Times bestseller, *Grain Brain*, and *The Grain Brain Whole Life Plan*"Every so often, a new book comes along that dashes well-established, preconceived notions in health. *Undoctored* strikes at the core of what is systemically wrong with the healthcare system, while offering a solution so simplistic, so achievable, yet so powerful in design that Dr. Davis is inevitably going to face a mountain of naysayers invested in conventional practice." • Deepak Chopra, New York Times bestselling author and author of *You Are the Universe*"What are you going to do about our failing healthcare system, to protect yourself and your family? Are you going to follow the herd and be at risk like the rest of society? Or will you be rational, and learn more? One thing you must do is read this book. I have been a fan of Dr. Bill Davis for over two decades now, and he lays this complicated information out in a sensible way." • Dr. Tom O'Bryan, author of *The Autoimmune Fix*

WILLIAM DAVIS, MD, is a New York Times bestselling author and a cardiologist who advocates unique, insightful, and cutting-edge strategies to help individuals discover the health hidden within them. His blog, wheatbellyblog.com, has been visited by millions of people. Dr. Davis has also shared his passion for wheat-free living on national television shows including *The Dr. Oz Show* and *CBS This Morning*. His *Wheat Belly Total Health* program has become a public television special, now airing nationwide. He lives in Wisconsin.

Being an MD, I can tell you that the medical profession has unfortunately become an industry. Of course if you get hit by a bus or shot, you need the medical services but regarding treating chronic disease the medical profession falls way short. It is crucial to take responsibility for one's own health. In general it is all about the diet. The diet is under your complete control I have been on a ketogenic diet for several years and after all my research, it is the way to go. Limit carbs to no more than 50 gms per day and preferably less than 25. As Dr. Davis states to ditch all the grains and carbs except for high fibrous vegetables. Dr. Davis brings to light the fact that the medical industry is about profit. Big pharma is not to be trusted as they very misleadingly claim spectacular results by using relative risk vs. absolute risk. This is clearly seen in the advertising of the statin studies. In my

opinion, this is the biggest hoax. Cholesterol is not the culprit. It is sugar/carbs as Dr. Davis states. Big pharma does not spell out all the side effects of which there are many. Forget about the USDA which has given us the food pyramid. It is the exact opposite of what we should be eating. I met a PhD biochemist for the USDA. This man was morbidly obese. Right, we should take advice from him. These guidelines have caused significant damage, deaths, and disabilities. Just look around and you will see it is rare to find a thin person. We have been eating extremely excessive amount of carbs and Frankenfoods for decades now and we have never been fatter. Please take Dr. Davis advice and you will be on the road to health.

READ THIS BOOK!! Dr. William Davis has literally saved my life. Wheat Belly lifestyle: no more diabetes, PCOS, psoriasis, IBS, high blood pressure, acid reflux, arthritic joints and bones, and 60 pounds gone. Gut health, blood sugar, supplements, it's all outlined in the book as to how these things can be healed in order to get healthy. He's telling you how to do it, not telling you to buy his own line of food, supplements, shakes, pills, all that BS. I wished I'd had this knowledge decades ago, I could have saved myself a lot of time and pain. Thank you Dr. William Davis!!

Dr. Davis has saved my life. I have been suffering for 10 plus years, with an autoimmune disease, arthritis, back pain, high cholesterol, high blood pressure and back and hip pain. Within 1 month on his wheat belly program, I was off all meds and feeling incredible. There are not enough words to express my gratitude to him for giving my life back! I have lost over 30 lbs as well. I have bee

I was just entertaining myself with the small percentage of 1-star reviews of the original Wheat Belly book, which quite literally changed my life. Much of it is the same kind of criticism I run into in real life: "This will never work so I won't bother trying it." Oh really? My size 6 jeans (from 26/28+) beg to differ! I'm guessing most of the critics remain fat and unhealthy. The first step to curing yourself of a weight problem or any other health issue is to believe it can be achieved. Then you have to actually do something about it. Dr. Davis lays out the steps for you - more completely in Undoctored than ever before. All you have to do is follow them. If nothing else has ever worked, what have you got to lose by trying something completely different? I promise, it won't hurt a bit, but you do have to be willing to give health a chance.

I'm not all of the way through this book yet, but I'm thrilled, more than thrilled that this information is finally available for the average person to read and to learn. I watch too many people with chronic

diseases - some are actually dying and nothing is being done for them except to increase and stuff them full of drugs. I live in deep south Texas which has the highest rate of diabetes in the world. The diet recommendations are to eat more and more carbs, cut out fat (which does not raise blood sugar) and take drugs, drugs and more drugs. It's insane and unethical and happening everywhere. Years ago my husband and I embarked on a pretty much undoctored lifestyle. We are 66 and 60, respectively and we do not go to the doctor unless something (like a bone) is broken. We have health issues, but understand they are unlikely to be improved by drugs and that's all modern medicine offers. We changed our diet to a Paleo style diet and our blood sugar, cholesterol and inflammation dropped. We added magnesium and our blood pressure dropped. Wow, there's a world of health out there that most people don't know anything about. Dr. Davis is simply trying to tell us all the truth. The American public is being hoodwinked and bamboozled. Maybe he should take some words from the Movie, Terminator - "Come with me if you want to live." Austrian accent inserted. Read this book and do what Dr. Davis is trying to tell us all to do - Think for ourselves and break the stranglehold that the current medical system has on most of us. Most chronic diseases, including autoimmune and cardiovascular disease can be cured or greatly improved without drugs. I know, my husband and I have done it. We are looking forward to using Dr. Davis' systems to improve over what we've been doing on our own.

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