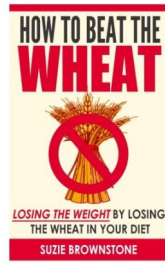


## How to Beat the Wheat: Losing the Weight by Losing the Wheat in Your Diet



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### Book Review

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(Dr. Dallas Reinger IV)

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