



Cut out unhealthy foods

- Wheat
- Corn
- Added sugar
- Chemically made foods



Eat healthy, satisfying foods

- Vegetables
- Dairy
- Meat
- Nuts
- Eggs
- Healthy fats
- Up to 15 grams of carb per day



Supplements

- Vitamin D
- Fish oil
- Magnesium
- Probiotics
- Iodine
- Multivitamin



Test and Normalize

- Blood sugar
- Heart scan (calcium score)
- Vitamin D level
- Thyroid
- SIBO (small intestinal bacterial overgrowth, emerging as a source of a wide variety of health problems)



Typical results

- Weight loss
- More energy
- Better digestion
- Reduced risk of heart disease
- Fewer aches and pains

THE UNDOCTORED PROGRAM

Dr. William Davis, a former cardiologist and author of the *Wheat Belly* series, *Undoctored* and *Track your Plaque*, along with the Undoctored Inner Circle team, help people like YOU lose weight, dramatically improve your health and even turn the clock back on appearance and energy. Our program was designed to guide you as you accomplish your goals, whether that be weight loss, improved health and freedom from prescription medications, or enhanced quality of life, even age-reversal. Regardless of your situation, you have come to the right place.

<https://innercircle.undoctored.com/>