

# THE UNDOCTORED PROGRAM



## Cut out unhealthy foods

- Wheat
- Corn
- Rice
- Oats
- All other grains (amaranth, barley, buckwheat, millet, quinoa, rye, sorghum, spelt, etc.)
- Added sugar
- Chemically made foods



## Eat healthy, satisfying foods

- Vegetables
- Meat
- Dairy
- Nuts
- Eggs
- Healthy fats
- Pizza, baked goods, etc. made with all healthy ingredients (recipes included)
- Up to 45 grams of net carb per day (15 net carb per meal)



## Supplement

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



## Test and Normalize

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



## Typical results

- Reduced need for medications
- Reduced risk of heart disease
- Normal blood sugar
- Normal digestion
- Reduced pain
- More energy
- Weight loss



Coach April Duval



Coach Jennifer Baynes



Dr. William Davis

Dr. William Davis, a former cardiologist and author of the *Wheat Belly* series, *Undoctored* and *Track your Plaque*, and the Undoctored Inner Circle team help people like YOU dramatically improve your health, lose weight, 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>