

THE UNDOCTORED PROGRAM

Eat	Avoid	Supplement	Test and Normalize	Support	Typical results
<ul style="list-style-type: none">• 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)	<ul style="list-style-type: none">• Wheat• Corn• Rice• Oats• All other grains (amaranth, barley, buckwheat, millet, quinoa, rye, sorghum, spelt, etc.)• Added sugar• Chemically made foods	<ul style="list-style-type: none">• Vitamin D• Probiotics• Prebiotics• Fish oil• Multivitamin• Magnesium• Iodine	<ul style="list-style-type: none">• 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)	<ul style="list-style-type: none">• Recipes• Meal Planner• Forum• Weekly virtual meetups• Videos and articles on advanced topics and protocols• Practitioner list• Private Facebook Group• Personal coaching (fee-based)	<ul style="list-style-type: none">• 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 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>