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(Austin O'Connell)*

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Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Are you struggling to find gluten free recipes that you enjoy? Are you tired of the high prices gluten-free foods command? Gluten Free Recipes That Protect Your Health When you choose to make your own gluten free recipes you are guaranteeing yourself two things: Your meal will not be contaminated with gluten You save money which makes gluten free living more affordable Many families are on tight budgets and typically gluten free products are expensive. With the recipes inside, you can assure yourself the highest quality meal at the best price because you made it yourself. Benefits Of Gluten Free Living If you have celiac disease or even a slight gluten intolerance you know the importance of following a gluten free diet. You know the feelings of bloating, fatigue, brain fog and the migraine headaches that come with eating gluten so it is essential you are gluten free. But what if you just want to try eating gluten free for overall health? No worries, these recipes are for you too. It is difficult to know whether gluten is negatively affecting your health without taking steps to eliminate it from your diet. You can slowly substitute the recipes you find inside for your favorites as it can be difficult to go cold turkey off your favorite gluten laden foods. Most of the people I know chose to be gluten free as a way to lose weight and experienced great results. Not every single one, but most did. The part that impresses me is that they had fewer digestive issues, bloating was almost non-existent and even their skin cleared up. Not one ever suspected that gluten could be the cause. Not surprisingly, most of them started on their journey...



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