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## The Gluten Free Diet Quick Start Guide: Six Steps to Gluten-Free Living Plus 47 Fast, Scrumptious Recipes (Paperback)

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By Donatella Giordano

Createspace, United States, 2013. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. [UPDATED] Now Includes 47 Savory Meals to Make Your Family Happy! 97 of sufferers will go undiagnosed . Are you always tired? WARNING: What you don t know might be killing you. What do certain Hollywood and Wimbledon celebrities have in common? Given the page you re on, you have guessed correctly. They all prefer to go without gluten. Now you probably already know a thing or two about this bad-boy of the food industry. Found in almost every conceivable food product (not just bread), it s almost impossible to not be exposed to it. Sensitivity to gluten is responsible for many symptoms that get misdiagnosed, and therefore go untreated. Luckily there are a few good resources to turn to for help, and this book by Donatella Giordano is certainly one of them. Inside these pages you will find: How gluten-sensitivity robs you of energy Find why gluten may be hiding in gluten-free products How gluten sensitivity can contribute to Diabetes and Heart Disease Discover how gluten sensitivity can turn deadly, and the steps you can take...



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