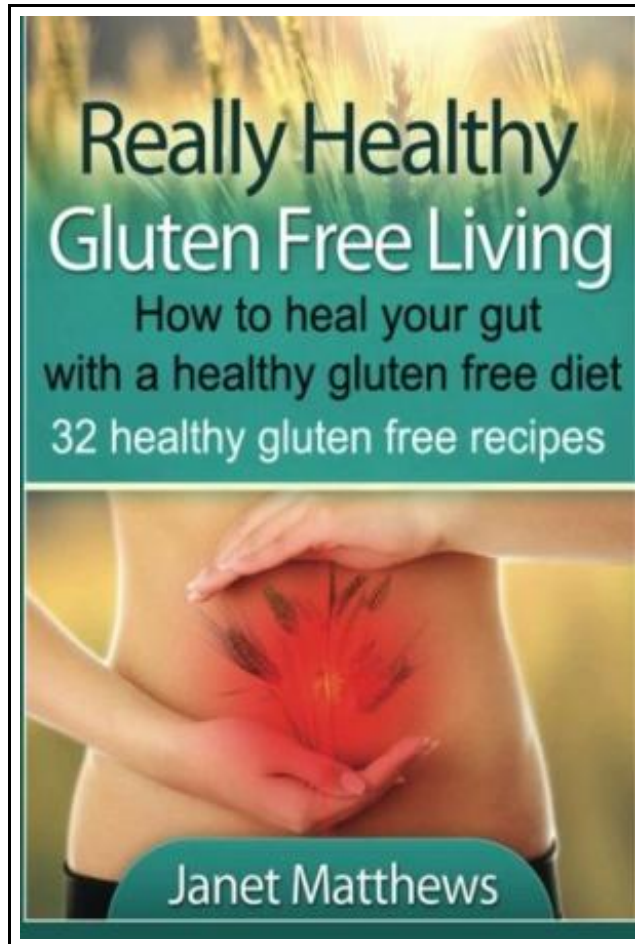


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CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 80 pages. Dimensions: 8.5in. x 6.0in. x 0.2in. How Healthy is YOUR Gluten Free Diet If you have Celiac Disease or Gluten Intolerance and want to know how to live a healthy gluten free life, and where to find gluten free recipes that will help to heal your gut and put you on the road to recovery, then this is the book for you. There is a tendency to think that just because you are on a gluten free diet that all your problems will melt away. If you suffer from Celiac Disease or a Gluten Intolerance then removing gluten from your diet is certainly the first step towards improving your health and well being but it is far from the whole story. Gluten can have a devastating effect on our bodies, so much so that we can experience numerous symptoms that just wont completely go away whatever we do. The bottom line is that we are impairing our immunity and need to redress the balance before we succumb to more serious diseases and health problems in the future. 80 of our immune system is in the gut and we cant afford to ignore gut related problems if we are to live long and healthy lives In Healthy Gluten Free Living you will find the answers you have been looking for. As well as an explanation of why gluten causes damage to the gut you will also discover which foods are safe to eat and which foods are capable of healing the damage to the gut. Finding suitable gluten free foods and gluten free recipes is half of the battle, the other half is knowing how to use them wisely to improve your chances of recovery....



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