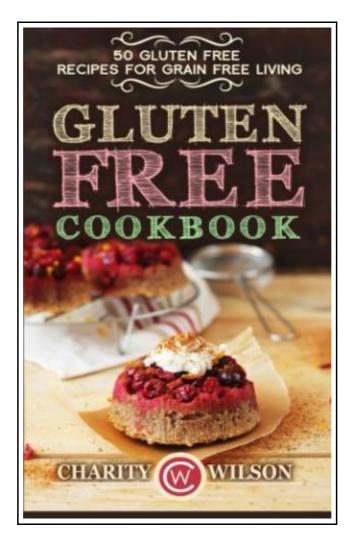
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Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****. Are you a wheat free wannabe? 50 Gluten Free Recipes For Grain Free LivingLove wheat? Hate how it makes you feel, but have no idea how to live without it? If so, then this book is for you. Inside you will find 50 gluten free recipes that will make you forget you ever liked the wheat. Gluten Free Does Not Limit YouGranted, learning to eat gluten free can be quite the chore. Reading labels and watching for secret hidden gluten containing ingredients can make it feel like you need a degree in some type of science. Who makes words up like: Triticum vulgare (wheat)Triticale (cross between wheat and rye)Hordeum vulgare (barley)Secale cereale (rye)The best idea is to continually try new recipes and be mindful of the ingredients that are going into them. Once you have a couple hundred recipes you will never need to worry about accidentally ingesting gluten and suffering the consequences again. You are in control. Why Live A Gluten Free Lifestyle? Many people choose a gluten free lifestyle due to the adverse side effects gluten causes them to experience. If you suffer from celiac disease you know exactly what that means. It can be excruciatingly painful and you have a very real reason to avoid gluten. Like any disease there are people experiencing abdominal distress that have no idea it is a gluten intolerance. Many people are now consciously choosing to eliminate gluten from their diet for reasons that are not medically based at all. They find they have less bloating and that their digestion is better. People who stopped eating gluten have also seen an increase in success with their weight loss goals.Living gluten free has numerous benefits and if...

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