



Going Gluten Free: A Quick Start Guide for a Gluten Free Diet

Jennifer Wells

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Going Gluten Free: A Quick Start Guide for a Gluten Free Diet Jennifer Wells

Readers of *Going Gluten Free* are saying:

"This book provided great insights about a healthy diet and the importance of a gluten-free diet in our health." ~ M.A.

"There was a lot of good information. I am starting this new venture and glad to have the book handy to help me." ~ J.S.

"I am just starting the gluten free stuff and found this book to be a great starter book. I would recomend it as a must read." ~ V.R.

Are you looking for information about a gluten-free diet? Have you been diagnosed with Celiac Disease and need some helpful information? Do you have gluten intolerance or gluten sensitivity? Are you interested in eating a low carb diet?

If you answered yes to any of these, then *Going Gluten Free* is a great quick-start and how-to guide that will help you find out what you need to get started.

In *Going Gluten Free*:

1. Learn what gluten is and how it can affect your body
2. Find out how gluten-free differs from grain-free
3. Discover some unusual products where gluten is used and can hide
4. Use the extensive gluten-free shopping list to guide you at the store
5. Learn tips on how to eat out in restaurants without getting sick

If a gluten-free diet or a low-carb diet is what you are researching and desiring to do, this quick-start guide is full of helpful information that will give you a thorough overview as you make needed changes and learn how to eliminate gluten in your diet.

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Ronald Searle:

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