



Gluten Free Diet: How To Set Up A Gluten Free Diet, Be Gluten And Wheat Free-How To Make A Tasteful, Sustaining Transition (Gluten Free Diet, Gluten ... Loss, Gluten Free Diet Guide) (Volume 5)

Elizabeth Tracy

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Live And Enjoy Life That Is Gluten Free-Ways To Go Gluten Free And Love It

This book contains proven steps and strategies on how to live and enjoy life that is gluten free. A gluten-free diet has become a popular trend in recent months, and some may even consider it to be a “fad.” Gluten-free products are starting to line the shelves at grocery stores, but most people are still in the dark when it comes to the health benefits of a gluten-free diet. Gluten is basically a special type of protein that is found in foods such as cereals, certain grains, and wheat. One of the main purposes of gluten is to keep the elasticity intact in foods during the fermentation phase of food production. Gluten makes bread “chewy,” and prevents other foods from having a sticky, doughy-like texture. With recent increases in people being diagnosed with celiac disease and gluten sensitivity, the idea of a gluten-free diet has been recently researched by physicians from all sides of the nutritional spectrum, including weight loss specialists, bariatric physicians, and dietitians. A gluten-free diet can have a variety of health benefits, such as improving cholesterol levels, promoting digestive health, and increasing energy levels, if you have a gluten intolerance.

Here Is A Preview Of What You'll Learn...

- Gluten and Gluten Sources
- Why Gluten Free
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Barbara Gunter:

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Linda White:

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