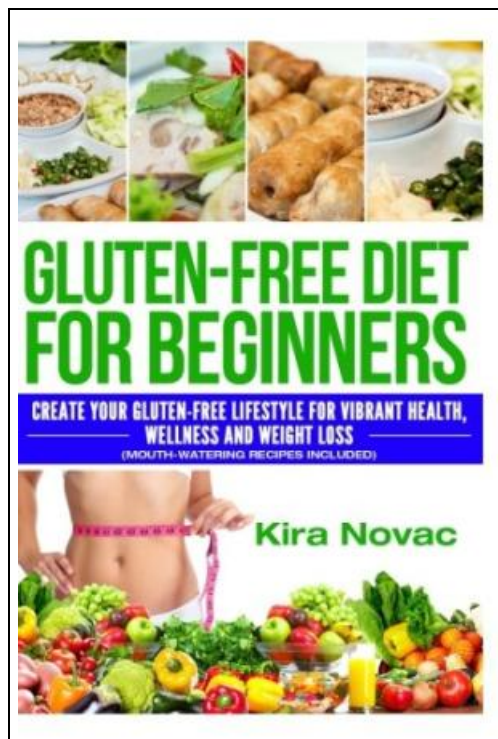


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Createspace Independent Publishing Platform, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Gluten-Free Lifestyle Made Easy, Exciting and Fun! - Discover how much variety you can ENJOY on a gluten-free diet so that you never feel deprived again. - Your guide to eating healthy and gluten-free while keeping your taste buds satisfied! Dear Reader, Do you think that gluten-free diets are boring, complicated or confusing? Not too sure where to start your transition? Would you like to learn how to eat a healthy, gluten-free diet and make it: Doable Fun Inexpensive Full of variety and taste Family friendly If so, read on. The solution is just in front of you! You see, a gluten-free diet is actually really simple! The problem is the conflicting information that many health gurus preach. Do you really have time for endless research and contradictory advice? Or would you rather get a simple blueprint to stick to so that you can spend your time doing what you love and taking care of your health in a practical way that works? A few years ago my son was diagnosed with celiac (also called celiac sprue) disease and, while the diagnosis came as a bit of a shock, I am glad to finally have an answer to my son s health problems. When my son was diagnosed I made the decision to not only provide him with the gluten-free diet he needed, but to create a healthy lifestyle for myself and my entire family. I dedicated four years to research, study and creating unique recipes. It worked, my son loved it, and now I am committed to helping other families switch to a gluten-free diet and lifestyle so that they can create vibrant health and vitality they deserve. Gluten-Free Diet for...



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