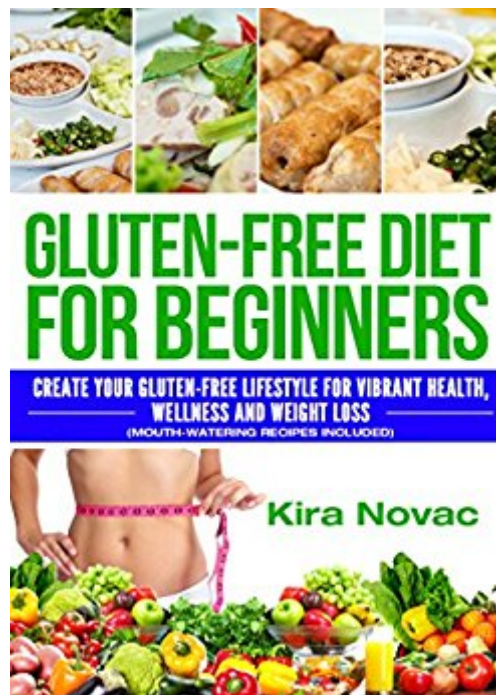




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Gluten Free: Gluten Free Diet For Beginners: Create Your Gluten Free Lifestyle For Vibrant Health, Wellness & Weight Loss (Gluten-Free Diet, Celiac Disease, Wheat Free, Cookbook Book 1)



Synopsis

Gluten-Free Diet 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! 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 Quick and easy (your time is valuable) 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 disease (also called celiac sprue) 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 Beginners" is a practical step-by-step guide written for modern families. Here's a short preview of what I want to share with you so that you can finally create a healthy lifestyle without feeling bored, deprived or stressed out: What is gluten and why is it a health threat? Benefits of a gluten-free lifestyle Getting started made painless Gluten-free blueprint: Learn exactly which foods to avoid Healthy substitutes on a budget: You don't need to forget about your favorite recipes, all you need to do is to learn how to replace gluten-containing foods with other, gluten-free ingredients How to lose weight on a gluten-free diet: Unlock the power of alkaline foods Simple tricks to stay motivated and transform your lifestyle Gluten-free cooking mastery: How to conjure up amazingly healthy and tasty gluten-free breakfasts, lunches, dinners, desserts and snacks To make it simple. A gluten-free lifestyle means energy. Energy is life. No pain, improved health and increased quality of life. Every goal you set is twice as likely to be reached if you're living with energy instead of fatigue, allergy and disease. Take meaningful action today and give your body what it needs! Go gluten-free without feeling deprived.

Book Information

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Customer Reviews

Wife loves it. Says it is very useful

Nice for novice as myself

For a beginner there weren't to many recipes I liked in this book. I thought it was going to help with more easier recipes or talk about what I should and shouldn't eat.

Very cheaply done. Even had typos.

It didn't have hardly anything in it.

I've been looking for kindle books about the gluten-free diet and I found this one. It's a great book that contains all the information that I need. Having a diet not suitable for your type of body is a great pain specially when you are on a diet. Having this one as a source of reliable information

about effective gluten free diet really helps me to shift from having gluten to gluten free meals. So many recipes to choose and enjoy from! Staying gluten-free is now made easy! The author did a great job. I would love to recommend this awesome book.

This is a booklet with basic information and recipes, perfect for beginners.

Good info for anyone new to gluten free and really some nice recipes.

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