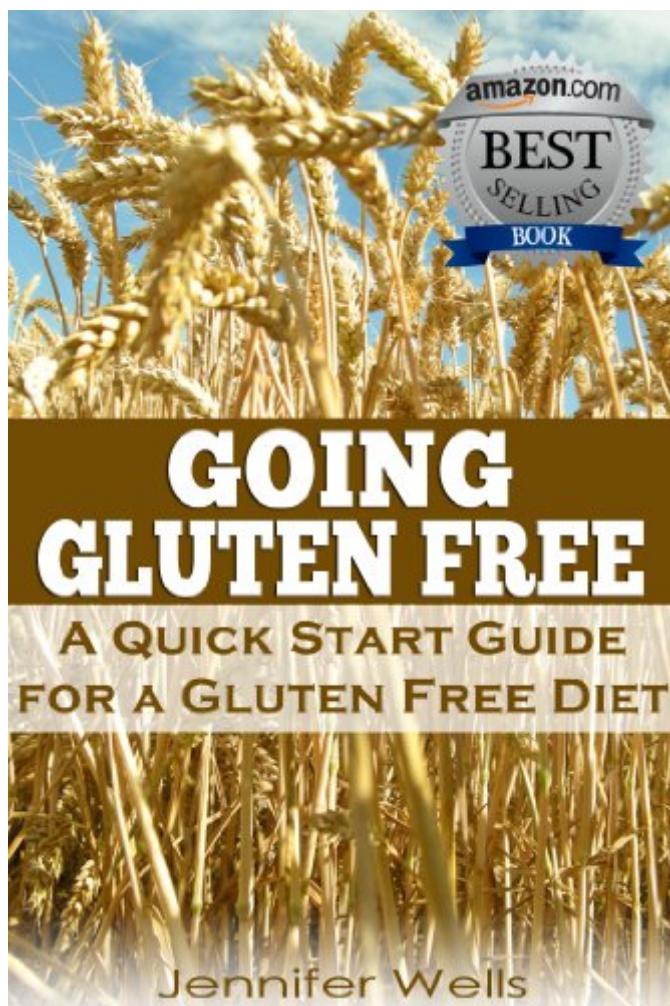


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# Going Gluten Free: A Quick Start Guide For A Gluten-Free Diet



## **Synopsis**

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: Learn what gluten is and how it can affect your body. Find out how gluten-free differs from grain-free. Discover some unusual products where gluten is used and can hide. Use the extensive gluten-free shopping list to guide you at the store. 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.

## **Book Information**

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## **Customer Reviews**

I reached the same conclusion as the author of this book, but I reached my conclusion after many

years testing my blood sugar AFTER I eat...And according to my blood glucose meter, this is EXACTLY how I should eat to keep blood sugar controlled. After many thousand blood glucose tests, the diet that "passed" is: meat, chicken, fish, eggs, no-sugar yoghurt, and vegetables... not much fruits... a little beans and nuts... No spaghetti, rice, potatoes, bread, or breakfast cereals... And of course, no candy or sugar...There are a few more details I could add, but this is basically complete, and it is almost exactly what the author calls The Paleolithic Diet. So if that is what she calls it, whatever she calls it I HAVE TO AGREE that this is the healthiest way to eat to avoid diabetes... The blood glucose meter told me so...I would surely have been very happy eating healthy foods with cavemen. They knew a thing or two that most of us forgot... or we learned to eat some foods that we should never have learned to eat, because they harm us. So I give the Paleolithic Diet my full stamp of approval. Five stars.

I was familiar with the concept, but the "Paleo" label is new to me. This book is formatted well and easy to read and understand. The author is thorough, and offers a wide variety of specific information. She is also conscientious enough to provide alternatives. I agree with her explanation of eating healthier is a lifestyle not a diet. Personally, I feel the concept is a bit heavy on meats, red meats in particular. However, it would be a vast improvement for many people. There is some fabulous information about grains and adapting to a gluten free lifestyle. Well Done!

Short, bird's-eye view of the reasons for going gluten free but with enough specific detail (e.g., foods to watch out for, etc.), to get you started and help you make the decision whether going gluten free is a good idea for you. Good resource list at the end. Definitely worth the 99 cents!

I have been very resistant to examining my gluten intake but every where it turns now I'm being asked to explore the possibility that I am gluten intolerant. I had IBS for years. I had depression and headaches for years. I had a cancer that some have said is really an autoimmune disease instead. But lately my skin has become very itchy and inflamed for most of the year. My chiro believes it is because I'm gluten intolerant. I know there are tons of replacements, but I had resistance to really educating myself further on this subject. This simple book is an easy read and to me it seems much more than a quick start guide. I've learned so much about how to make the change and my body is dancing within in joy of the potential to feel better with some simple changes this book offers. Suddenly a field I've been avoiding is now in my hands and not seeming so scary at all. Thanks to Jennifer Wells.

This book was probably an okay book, I bought it because one of my grown sons has a gluten intolerance. I didn't read it completely in all fairness to the author. It started out dull material and I just couldn't get into it. You my like it.

With so many food allergies these days, this e-book has come at just the right time. Simons has cleverly brought a vast array of info together in one place in an easy-to-process format, so everyone can understand. As you turn the pages, you'll find an overview of the foods to avoid and stock up on. Her ideas are based on the types of foods the Paleolithic race ate. Our ancestors were wealthy on a diet rich in protein, moderate amounts of "fat foods" that weren't processed or modified and lots of lovely fresh fruit and veggies. Our ancestors didn't suffer from the common ailments we all experience today from eating the wrong foods. Simons way of going Paleo isn't really a diet, it's more a journey to a healthier lifestyle, an educated choice to give your body more of what it really needs. Simons opens your eyes about dairy, sugars, grains, meats, seafood and vegetables. She herself has been on/tried this Paleo diet and writes about her personal experience on it and guides you through any withdrawal symptoms your body may have as before it was relying on sugars and starch for energy. I personally liked the chapter about what you may experience when starting her Paleo diet, she doesn't leave you in the lurch. Give it a try and experience the results first hand.

This book has help me understand what gluten is and how to start eating gluten free. Great book for someone that needs to know about gluten free diet.

Jennifer's book Going Gluten Free helped me feel less intimidated about going gluten free. It explains what gluten is and why it can be harmful for some people. The prospect of feeling better and having this great info on how to start this new lifestyle is very helpful. People who are not gluten compromised would enjoy this quick read to have a better understanding of this growing issue.

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