



Gluten Free Diet: Your Guide For Having a Gluten Free Diet on a Budget

Mary Peters

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~Study after Study Shows That Gluten Has Adverse Effects On Your Body, Is It Effecting You? ~Here Is A Book That Will Help You Rid Yourself of Wheat, and Do That on a Budget! Gluten is an ingredient in so many more things than we could have ever imagined. It is used as a bonding agent as we have already discussed and yet, it is also used in caramel coloring for things like soy sauce. According to the FDA, around 30% of all people have an allergy to gluten which can cause very painful effects. And, in 1% of those 30%, are the people who have Celiac Disease. Study after study is revealing just how harmful Gluten is on our bodies. It is time the KICK THE WHEAT! Your energy level will increase, your metabolism will speed up, and you will begin to notice weight once you eliminate gluten. You will begin to noticed that your mind clearer and can focus much easier. You will Notice a drastic impact on your Energy levels. Get this book and rid yourself of Gluten and do that on a budget. What You Will Gain From This Book: ~I. What is Gluten? And, What Does It Mean To Be Gluten Free? ~II. Here's to Your Health: Long Term Benefits to Living a Gluten Free Life ~III. How to Live a Real Gluten Free Life ~IV: Understanding Food Labels - Sometimes They Need Translation! ~V: Gluten Free Snacks, Spirits, and Recipes ~VI: Saving Money and Eating Gluten Free ~VII: Gluten Questions and Answers ~Change Your Life, Change Your Diet, and Do It on a Budget with the Book

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