

# **Living Gluten Free**

James Mars

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### **Living Gluten Free** James Mars

In this practical guide to living the gluten free lifestyle, you'll discover exactly what it takes to become gluten free. You'll learn the answers to many questions you or your loved ones may have regarding this popular and effective wheat-free diet. Not only that, but we have included a nice collection of gluten free recipes to help get you started on your path to a healthy lifestyle.



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