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Eating Gluten Free: Delicious Recipes and Essential Advice for Living Well Without Wheat and Other Problematic Grains

By Shreve Stockton, Danna Korn

Marlowe & Co. Paperback. Book Condition: new. BRAND NEW, Eating Gluten Free: Delicious Recipes and Essential Advice for Living Well Without Wheat and Other Problematic Grains, Shreve Stockton, Danna Korn, Gluten intolerance--an incurable autoimmune condition that causes severe abdominal pain, diarrhea, chronic fatigue, depression, and anxiety when gluten (proteins found in specific cereal grains) is present in the system--affects more than 2 million Americans today, and the numbers continue to grow. Now, in Eating Gluten Free, author and fellow sufferer Shreve Stockton offers an invaluable resource for all those seeking relief from the symptoms of gluten intolerance, also known as celiac disease. Split into two user-friendly sections, Eating Gluten Free first provides essential information on the nature of the condition, necessary lifestyle modifications, and tips for avoiding dangerous foods and hidden gluten, and much more. The second section offers more than 100 healthy and delicious gluten-free recipes, ranging from breakfast to dessert, and features helpful tips and advice designed to make cooking each dish simple and lots of fun. Complete with an extensive resource section, Eating Gluten Free is perfect for everyone diagnosed with gluten intolerance as well as for those simply looking for a healthy way to reduce wheat...



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