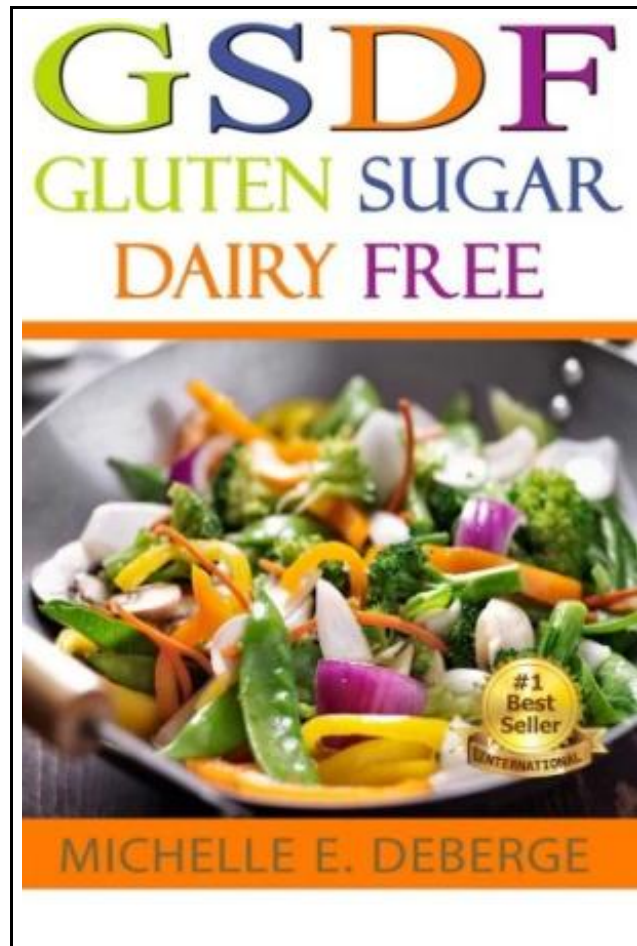


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## GSDF GLUTEN SUGAR DAIRY FREE



Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.GSDF - Gluten Sugar Dairy Free Whether you have food allergy, sensitivity or other medical condition, or you are giving up gluten, sugar and/or dairy by choice, it can be quite overwhelming knowing what is safe to eat, how to cook a different way and what to have on hand to make healthy meals. Once you learn about how toxic these ingredients are to the body, where the hidden dangers are, you will want to know how to avoid them and yet also make delicious food. There are more food allergies today than there ever have been before. Researchers estimate that up to 15 million Americans have food allergies. This potentially deadly disease affects 1 in every 13 children. You may have even read that celebrities like Billy Bob Thornton is gluten and dairy intolerant, Robin McGraw (Dr. Phil s wife) has gluten sensitivity as does Jessica Simpson, Katherine, Duchess of Kent and many others. Some may not even be aware that they suffer from food allergies or intolerance. One of the more common food allergies is gluten, and it has a lot to do with how wheat is grown and GMO s (or genetically modified organisms ). Gluten can cause arthritis, joint pain, weight gain, foggy brain and more. Sugar and dairy are the causes of a lot of common illnesses today also. Gluten Free is now posted on menus, pre-packaged food and on ready-made items. People are becoming aware of the dangers of eating it. Yet when someone is first diagnosed with a food allergy or they are removing these items for health reasons, overwhelmingly they feel limited by their food choices and do not understand...



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