



## Really Healthy Gluten Free Living How to heal your gut with a healthy gluten free diet - 32 healthy gluten free recipes

By Janet Matthews

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 80 pages. Dimensions: 8.5in. x 6.0in. x 0.2in. How Healthy is YOUR Gluten Free Diet If you have Celiac Disease or Gluten Intolerance and want to know how to live a healthy gluten free life, and where to find gluten free recipes that will help to heal your gut and put you on the road to recovery, then this is the book for you. There is a tendency to think that just because you are on a gluten free diet that all your problems will melt away. If you suffer from Celiac Disease or a Gluten Intolerance then removing gluten from your diet is certainly the first step towards improving your health and well being but it is far from the whole story. Gluten can have a devastating effect on our bodies, so much so that we can experience numerous symptoms that just won't completely go away whatever we do. The bottom line is that we are impairing our immunity and need to redress the balance before we succumb to more serious diseases and health problems in the future. 80 of our immune system is in...



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