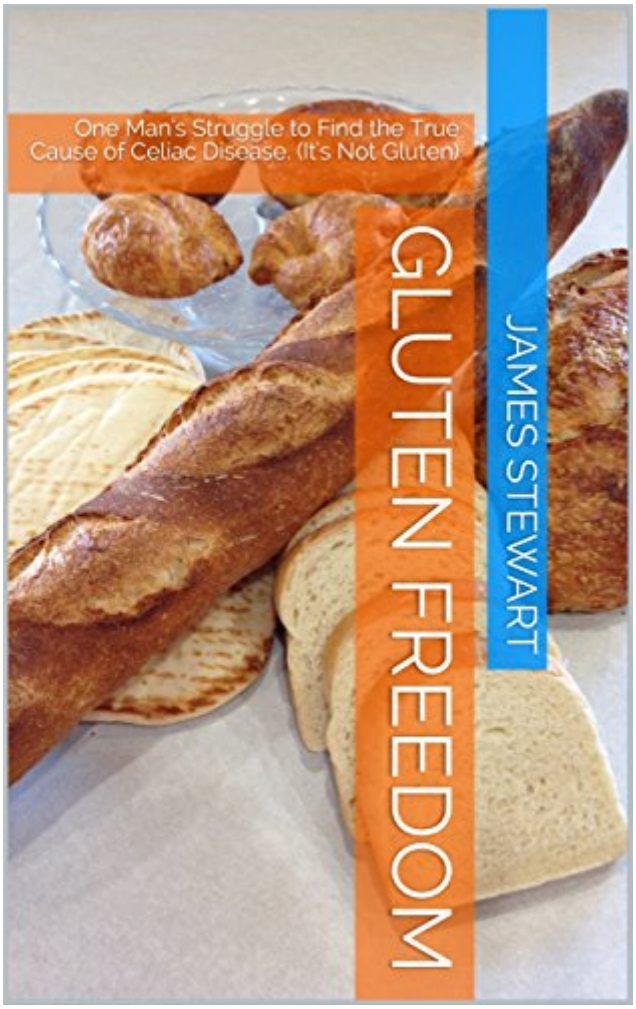
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Gluten Freedom: One Man's Struggle To Find The True Cause Of Celiac Disease. (It's Not Gluten)



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Synopsis

After being diagnosed with Celiac Disease, one man sets out on a trial and error struggle to find the real cause of the disease. Upon hearing stories from other Celiacs who have no problems eating sourdough bread, sprouted grains, imported baked goods, and organic bread products, he begins adding these glutinous meals back into his diet with positive results. This leads to a process of deduction which results in a breakthrough discovery: the truth behind Celiac Disease!

Book Information

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Customer Reviews

Can’tWaitToTestOut.BestNewsIHaveGottenInSuchALongTime.ThankYouSoSoMuch!

Brief and to the point, this quick read really makes one think about the celiac epidemic that’s sweeping the country. As a close friend to several celiac sufferers, particularly as a friend that loves to cook, I’ve seen the struggle that celiac and gluten intolerance poses to everyday life. It’s real and it’s awful, but it’s not always clear what the options are. This work shows one man’s personal discovery, a discovery slowly being shared by enlightened eaters far and wide, that maybe gluten really isn’t the problem. Once you finish I think you’ll start looking at gluten in a very different light.

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