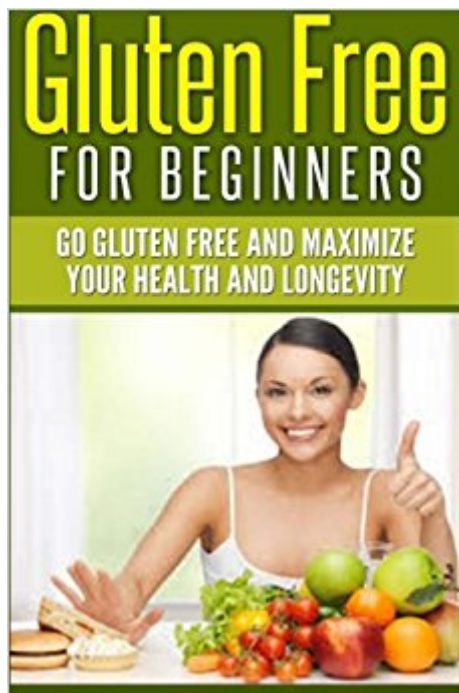




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Gluten Free For Beginners: Go Gluten Free And Maximize Your Health And Longevity



Synopsis

The gluten free diet is a specifically formulated diet prescribed by doctors to people who are suffering from the Celiac disease as well as those with gluten intolerance. The diet merely relieves the symptoms and makes the conditions highly manageable allowing the patients to live normal lives. Both the celiac disease and gluten intolerance are not really life threatening but they are downright distressing and cuts your productivity tremendously. What really triggered the gluten free dieting craze were the numerous and well publicized testimonials by quite a number of famous celebrities attesting to the beneficial effects of the diet - more prominent of them is pop singer Miley Cyrus who even exhorted her more than 4 million Twitter followers to go gluten free like her. With celebrity endorsements appearing left and right on entertainment tabloids complete with their before and after pictures showing their slim figures as proof of the diet's efficacy, it was a matter of time before scads of their non-celiac and non-gluten-sensitive followers followed suit giving birth to a \$5 billion gluten free processed food industry. With 2/3 of the American population said to be either obese or overweight, the gluten free diet is like a breath of fresh air for many of them and the much publicized celebrity endorsements of the gluten free diet becoming seemingly like bolts of lightning - sparking a fiery and spontaneous response from a receptive audience already primed to pounce on anything that will give them relief for their weight problems. The ideal gluten free diet must also be a low carb, high protein diet derived from unprocessed food sources that are as natural and organic as they can be. The book is about developing the ideal, well balanced, gluten free diet that will help individuals shed weight without the need of counting calories.

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Customer Reviews

At Last, A real introduction to the Gluten Free diet. I am a follower (80/20) of the Paleo system. And any item on the Paleo Perfect list is gluten free, but what is a gluten? And when did it's enslavement start and how to become a super hero and break free. Actually this book recommends a slower method simply adding a few delicious foods and eliminating a few others. This information packed book could be called Everything You Need To Know About The Gluten Free Diets for it more than answered my thirst for Gluten Freedom. The Logic reader will enjoy the back up and medical reasons for Gluten Free. The rest of us enjoy the no nonsense understandable information. A Winner! Recommended!

I got this book for a close friend who has celiac disease over a month ago. I don't know exactly what he changed about his diet, but through some helpful suggestions offered by Jim Berry, he is doing better than he once was. He's healthier, has more energy, and not as depressed anymore about what he can and cannot eat. I've wondered before about what was so special about all this gluten free diet crazy, but now I see the good it does for people.

I bought this book as a quick list of recipes I could use. It's pretty great; well written and easy to follow instructions. Five stars!

very informative guide on gluten free diet for beginners. The book touches all the aspects of a gluten free diet - what it is, what are its advantages, what foods to eat to escape gluten, and recipes to prepare gluten free diets. Perfect combo of everything .

Wanted to know about gluten, This helped alot.

OK if you need to be very strict but if you just want to be careful it's a bit over done and could be very expensive to get all the ingredients.

I'm a big fan of the gluten-free diet so I'm always looking for ways to expand my knowledge on it. While I've read tons of information on this diet, I believe this book has one of the most in-depth backgrounds into the food industry along with a great list of ingredients and foods to avoid. Plus,

what you should buy, sample meal plans, and even recipes. Definitely more than I expected! So glad I purchased it.

I like the term "Frankenfoods" or genetically engineered food products. It was a new term for me. Other than that, there were whole bunch of information in this book. Included are the basics of this Frankenfoods like "GMA" or Genetically modified Alfalfa, aspartame and many more. The author presented "The Ideal Gluten Free Food Guide", very helpful and straight to the point. We won't be confused with this definitely: foods to avoid and to include. Lastly is the sustainability, how to maintain this kind of diet. Ending on such topic is really commendable.

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