



Weight Loss Diet: The Gluten-Free Diet and Healthy Quinoa Recipes (Paperback)

By Linda McLane

WebNetworks Inc, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Weight Loss Diet The Gluten-Free Diet and Healthy Quinoa Recipes Discover why thousands are going gluten-free and enjoying the results. A separate section, Quinoa Recipes, give you exciting new ways to prepare foods, once laced with gluten. The Gluten-Free Diet is different from many weight loss diets, by concentrating mainly, on improving your body's performance. Both sections offer dynamic recipes, tips, and how gluten has been down-played, until recently. Learn why Quinoa is called the super food of the future and what you have been missing in this unique food. Celiac disease is often the basis of going gluten-free, but can be very difficult to diagnose. In fact, many tests come back negative and patients take matters into their own hands. If you have digestive problems, depression, anxiety, joint pain, or low bone density, consider trying these invaluable recipes that are designed for a gluten-free diet.

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