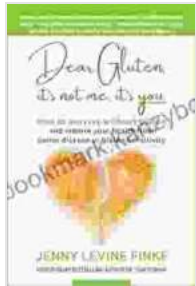


Dear Gluten, It's Not Me, It's You: A Revolutionary Guide to Going Gluten-Free



Dear Gluten, It's Not Me, It's You: How to Survive Without Gluten and Restore Your Health from Celiac Disease or Gluten Sensitivity by Jenny Levine Finkle

★★★★☆ 4.8 out of 5

- Language : English
- File size : 1121 KB
- Text-to-Speech : Enabled
- Screen Reader : Supported
- Enhanced typesetting : Enabled
- X-Ray : Enabled
- Word Wise : Enabled
- Print length : 219 pages
- Lending : Enabled

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Grains Containing Gluten



Barley



Rye



Bulgur



Semolina

(Couscous, Cream of Wheat, Pasta, Orzo)



Farina

(Cream of Wheat)



Spelt



Durum Wheat

(Pasta, Semolina)



Triticale



Kamut

(Khorasan wheat or Oriental wheat)



Wheat

(All-purpose flour, Enriched flour, Cake flour, Whole-wheat flour, Wheat berries)



Farro

PHOTO: GETTY IMAGES (Wheat); SHUTTERSTOCK (Barley); ISTOCK (Bulgur); ISTOCK (Semolina); ISTOCK (Spelt); ISTOCK (Triticale); ISTOCK (Kamut); ISTOCK (Farro)

Are you experiencing unexplained fatigue, bloating, or digestive issues? Could gluten be the culprit?

If you're like millions of Americans, you may be suffering from gluten intolerance. Gluten is a protein found in wheat, rye, and barley. For people with gluten intolerance, eating gluten can trigger a range of symptoms, including:

- Bloating
- Gas

- Diarrhea
- Constipation
- Abdominal pain
- Fatigue
- Headaches
- Skin rashes
- Weight loss
- Mood swings

If you think you may be gluten-intolerant, it's important to get tested. A simple blood test can confirm a gluten intolerance. Once you've been diagnosed, the next step is to start a gluten-free diet. Going gluten-free can be challenging, but it's the only way to manage your symptoms and improve your health.

Dear Gluten, It's Not Me, It's You is the ultimate guide to going gluten-free.

In this book, you'll learn everything you need to know about gluten intolerance, including:

- What gluten is and how it affects your body
- The symptoms of gluten intolerance
- How to get tested for gluten intolerance
- How to start a gluten-free diet

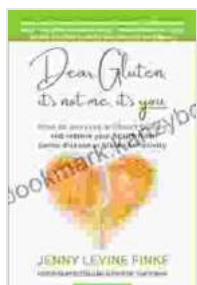
- What to eat and what to avoid on a gluten-free diet
- How to find gluten-free products
- How to live a happy and healthy gluten-free life

Dear Gluten, It's Not Me, It's You is packed with practical advice and tips, as well as delicious gluten-free recipes. Whether you're newly diagnosed with gluten intolerance or you've been living gluten-free for years, this book has something for you.

Free Download your copy of Dear Gluten, It's Not Me, It's You today!

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Going gluten-free can be challenging, but it's the only way to manage your symptoms and improve your health. Dear Gluten, It's Not Me, It's You is the ultimate guide to going gluten-free. Free Download your copy today!



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