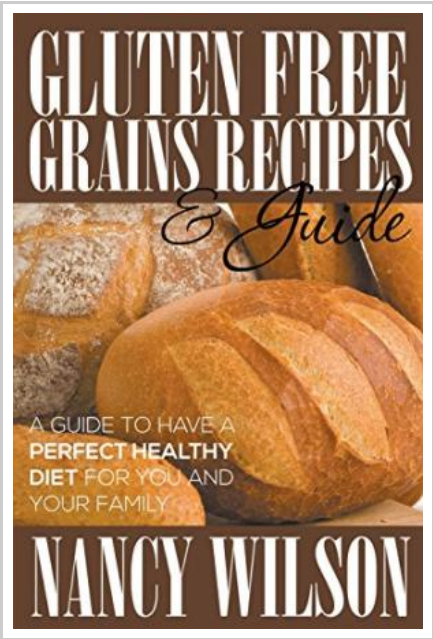

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Gluten Free Grains Recipes Guide

By Nancy Wilson

Speedy Publishing LLC, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Many dieters perceive that adding Gluten-free recipes and products to their daily diet intake is a healthy lifestyle trend. It is unfortunate that they do not know the dangers of consuming a routine gluten-free diet. From a medical perspective, gluten is a suggested nutrient that the body needs. It is an ill-advised diet for patients who are either sensitive to wheat or have Celiac disease. It sets off symptoms, including severe skin rash (dermatitis herpetiformis), bone pain, anemia and diarrhea in sufferers who consume gluten. Otherwise, consumption is necessary. Gluten has fiber, vitamins and minerals. Dieters need to take this all-important factor into consideration when reaching for a gluten-free diet.

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