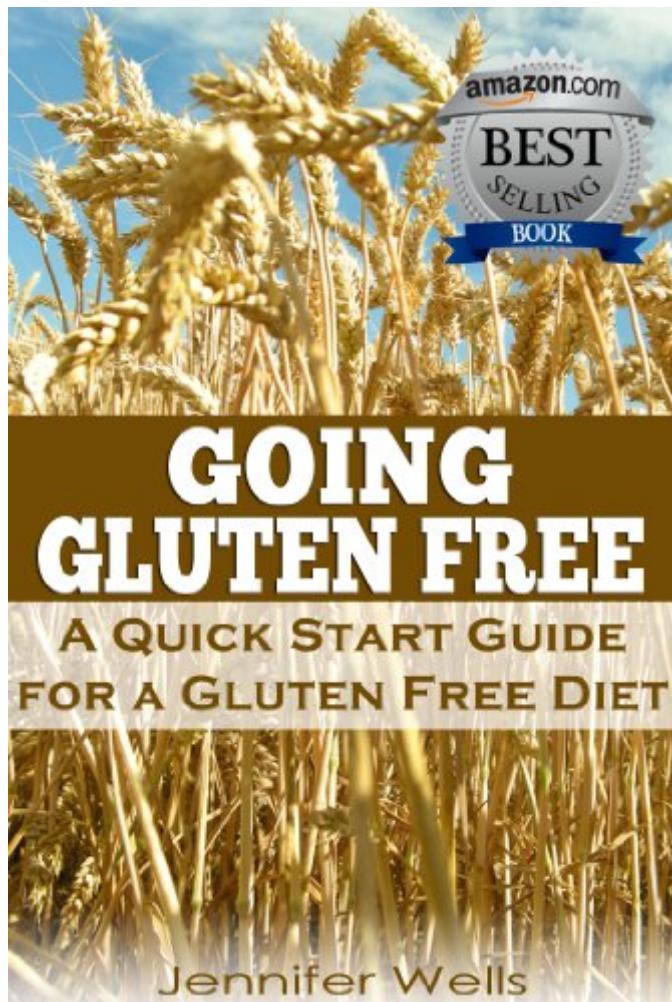


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# Going Gluten Free: A Quick Start Guide For A Gluten-Free Diet



## **Synopsis**

Are you looking for information about a gluten-free diet? Have you been diagnosed with Celiac Disease and need some helpful information? Do you have gluten intolerance or gluten sensitivity? Are you interested in eating a low carb diet? If you answered yes to any of these, then Going Gluten Free is a great quick-start and how-to guide that will help you find out what you need to get started. In Going Gluten Free: Learn what gluten is and how it can affect your body. Find out how gluten-free differs from grain-free. Discover some unusual products where gluten is used and can hide. Use the extensive gluten-free shopping list to guide you at the store. Learn tips on how to eat out in restaurants without getting sick. If a gluten-free diet or a low-carb diet is what you are researching and desiring to do, this quick-start guide is full of helpful information that will give you a thorough overview as you make needed changes and learn how to eliminate gluten in your diet.

## **Book Information**

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## **Customer Reviews**

I have been very resistant to examining my gluten intake but every where it turns now I'm being asked to explore the possibility that I am gluten intolerant. I had IBS for years. I had depression and headaches for years. I had a cancer that some have said is really an autoimmune disease instead.

But lately my skin has become very itchy and inflamed for most of the year. My chiro believes it is because I'm gluten intolerant. I know there are tons of replacements, but I had resistance to really educating myself further on this subject. This simple book is an easy read and to me it seems much more than a quick start guide. I've learned so much about how to make the change and my body is dancing within in joy of the potential to feel better with some simple changes this book offers. Suddenly a field I've been avoiding is now in my hands and not seeming so scary at all. Thanks to Jennifer Wells.

I was familiar with the concept, but the "Paleo" label is new to me. This book is formatted well and easy to read and understand. The author is thorough, and offers a wide variety of specific information. She is also conscientious enough to provide alternatives. I agree with her explanation of eating healthier is a lifestyle not a diet. Personally, I feel the concept is a bit heavy on meats, red meats in particular. However, it would be a vast improvement for many people. There is some fabulous information about grains and adapting to a gluten free lifestyle. Well Done!

Being gluten intolerant myself I had already read close to a dozen books about being on a gluten / wheat free diet. This book is definitely up there with the best as it provides a lot of great information which is presented nicely. I didn't learn anything new but the information this book provides is solid. So I recommend this book if you want a rather detailed guide about being gluten / wheat free. If you want a shorter less expensive introduction into being on a gluten / wheat free diet, this book is a great alternative: *The New Wheat Free Diet Book: Discover New Secrets That Will Change Your Life*

Loved the basics that this book explained . Instead of just focusing on what you should avoid and why, the author gives you a whole chapter of what you CAN eat and enjoy! Also, she includes a nice comprehensive list of resources. Very well done!

I for one am extremely glad that excellent authors and Indie publishers like this have come around to promote the Paleo diet. I've been on it for a long time, since before it became popular. While not many people can afford the organics because of government subsidies, it gets people away from the processed, packaged, and preserved crap. Here are the best things to me about this ebook:<sup>\*</sup> The author writes really well, with a comforting tone, and positive delivery.<sup>\*</sup> The information is presented gently, to reduce any chance of someone new feeling a bit overwhelmed.<sup>\*</sup> It's isn't

simplistic either, but instead gives concrete ways and useful tips to maneuver around the supermarket death traps.\* In a subtle way it empowers a consumer, inspires them to do further research, and to teach others. For a while now Americans have been at the mercy of huge and incredibly powerful aggro companies that care only about profit. It's got to the point where human sickness is itself a profit motive. Through our decisions as consumers, we can restore our food system, and bring back health and prosperity to our nations. Purchasing this ebook is a step in the right direction. We have the power, and as this author demonstrates, the digital freedom to teach one another.

This book provided great insights about a healthy diet and the importance of a gluten-free diet in our health. I recommended this book to my sister who has type 2 diabetes. She followed the diet program featured in this book and it really worked perfectly fine for her.

I reached the same conclusion as the author of this book, but I reached my conclusion after many years testing my blood sugar AFTER I eat... And according to my blood glucose meter, this is EXACTLY how I should eat to keep blood sugar controlled. After many thousand blood glucose tests, the diet that "passed" is: meat, chicken, fish, eggs, no-sugar yoghurt, and vegetables... not much fruits... a little beans and nuts... No spaghetti, rice, potatoes, bread, or breakfast cereals... And of course, no candy or sugar... There are a few more details I could add, but this is basically complete, and it is almost exactly what the author calls The Paleolithic Diet. So if that is what she calls it, whatever she calls it I HAVE TO AGREE that this is the healthiest way to eat to avoid diabetes... The blood glucose meter told me so... I would surely have been very happy eating healthy foods with cavemen. They knew a thing or two that most of us forgot... or we learned to eat some foods that we should never have learned to eat, because they harm us. So I give the Paleolithic Diet my full stamp of approval. Five stars.

Great for the beginner. It gives a basic understanding of gluten free and solid information. I never knew licorice may contain gluten! I've read a lot about gluten but definitely learned more from this book.

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