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## Cooking eBooks: Minus the Wheat, Perfect for Gluten Free and Paleo Diets, Featuring Quinoa (Paperback)

By Candi Barger

WebNetworks Inc, 2013. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Cooking Ebooks Minus the Wheat, Perfect for Gluten Free and Paleo Diets, Featuring Quinoa If you are a sufferer of gluten intolerance or gluten allergies you know how miserable it is if you consume gluten. Symptoms of gluten intolerance are unpleasant and include digestive issues, compromised immune system, headaches, skin problems, no energy and even infertility issues with both male and female. The gluten free diet, Paleo diet and diets that include quinoa is one way of helping to fight these symptoms, because the recipes do not call for foods with wheat gluten. These three diets are featured in this Cooking Ebooks. The Paleo Diet is very closely akin to the gluten free diet. The Stone Age people did not eat grains or legumes, but they focused on what the land gave them in vegetables and fruits and in lean meats. Research shows us these people were a healthy bunch, not suffering from obesity or cardiovascular disease and their life span was a lot longer than ours was.

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### Reviews

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