



## Diet eBooks: Grain Free Recipes and Quinoa Goodness (Paperback)

By Helen Allen

WebNetworks Inc, 2013. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Diet eBooks: Grain Free Recipes and Quinoa Goodness Could wheat be the culprit destroying your dieting success? For many people, wheat and other heavily engineered grains cause irritation and inflammation in the system. This can cause a huge range of health problems. It s also been shown to increase appetite and encourage weight gain. In fact, there s a good chance that eating wheat has spoiled your diet before. The two diet eBooks included in this volume are intended to stop this problem in its tracks. They tell you how to avoid wheat and other potentially weight loss-destroying grains. These diet cookbooks include lots of recipes that will help you get processed flour and other industrialized wheat and grain products out of your diet. You ll also find out how to replace these problem foods with nutritionally-balanced alternatives.

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