



Grain Free Cookbook (Grain Free Recipes for Better Health0

By Valerie Alston

Speedy Publishing LLC, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Proponents of a grain free diet say that eating grain free meals could be one of the best ways to avoid a lot of gastrointestinal and medical conditions. The reason for this is that most grains contain gluten which is a kind of protein that is the main cause of celiac disease and a sensitive gastrointestinal system. Gluten is one of the hardest proteins to digest and having gluten stay longer in your gut can ultimately lead to a damaged gut, the presence of autoimmune diseases, skin problems and so many more health conditions. This book has various grain free recipes which will help you to follow the diet.



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