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Ted Alling

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If you are going gluten-free, you have to stop eating pasta, cereals and bread. Gluten is a wheat protein that helps the dough to rise and maintain its shape. Gluten protein is a combination of glutenin and gliadin that can meet starch in numerous grains. If a celiac sufferer consumes food containing gluten, his/her immune system can damage his/her small intestine. Fingerlike and tiny protrusions lining of the small intestine called villi may destroy or damaged. Villi enable absorption of nutrients from your food in your bloodstream. Damaged or unhealthy villi can make a person scrawny, apart from of the quality and quantity of consumed food.

You have to follow Gluten Free Diet Plan to treat this condition. You have to follow a Gluten Free Food List. This book is designed with 25 recipes.

This book offers:

- * Gluten Free Healthy Breakfasts
- * Gluten Free Lunches
- * Enjoy Gluten Free Dinners
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Antoinette Hogg:

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Mary Deleon:

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