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## Gluten-Free for Beginners: How to Be Gluten-Free and Healthy

By James L Shirley

Happy Gluten Free, LLC. Paperback. Condition: New. 138 pages. Dimensions: 8.0in. x 5.0in. x 0.3in. SPECIAL BONUS INCLUDED Inside Gluten-Free for Beginners you'll be given details about how to claim your Free copy of my latest book Gluten-Free Ingredient Reference Guide - a comprehensive 16 page PDF guide that includes the gluten-free status of over 650 common food ingredients. Take Control Of Your Gluten-Free Diet New to the gluten-free diet Navigating the gluten-free diet is feel like walking through unknown territory without a map. And you may not even realize it! Here is your opportunity to learn the ins and outs of eating and living gluten-free. Eat and Live Confidently Gluten-Free for Beginners is more than a book, it is a process based on real-life experience. The book will help you overcome those frustrating I cant eat anything here moments. (From Chapter 6: When you plan to dine with a group, take charge for choosing where to go. That way, you'll be guaranteed to have gluten-free options!) It will show you how to survive eating at parties and outside of your home too. Imagine being comfortable dining out or traveling when and where you want! Inside the Gluten-Free for Beginners: What gluten...



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