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Shari Darling

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Gluten-Free made simple is an easy to read guide that provides you with the basic principles to support your gluten-free lifestyle. Were you diagnosed with Celiac disease? Or do you think you may be gluten-sensitive or gluten-intolerant? This guide will help you answers those questions. Did you know that a gluten-free diet is also beneficial for losing weight, reduce inflammation and curb fatigue. You'll discover tips and ideas to make the transition easy and effective. Living Gluten-Free is simple and easier than you think. Chapters include: CHAPTER ONE: What is Gluten? CHAPTER TWO: Health Concerns Related to Gluten-Free CHAPTER THREE: Super Glutens and Frankenwheat CHAPTER FOUR: The Gluten-Free Diet CHAPTER FIVE: What Kind of Taster Are You? CHAPTER SIX: A Family Approach CHAPTER SEVEN: Gluten-Free Grains that Support Weight Loss (and those that don't) CHAPTER EIGHT: Starch Can Be a Good Thing CHAPTER NINE: Other Best Gluten-Free Foods CHAPTER TEN: Read the Label CHAPTER ELEVEN: Gluten-Free Tips CHAPTER TWELVE: Speeding Up Your Metabolism

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