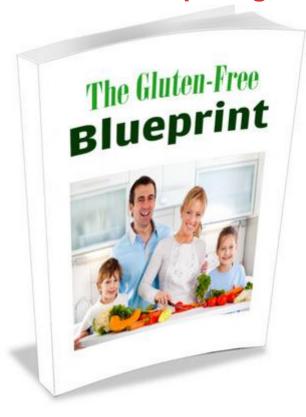
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The Gluten Free Blueprint Contents Introducing Gluten Free Living 3 What is Gluten? 5 Why wheat is bad for us 6 Malnutrition and Gluten 7 Identifying the Symptoms of Gluten Sensitivity 8 Celiac Disease and Misdiagnosis 10 Celiac Disease 12 Gluten and Moods 14 Autism and Gluten 15 Grains you cant eat 16 Foods that contain Gluten 17 Gluten Free Grains 18 Amaranth 18 Arrowroot 19 Millet 20 Grain and Starches you can eat 20 Gluten and Depression 21 Gluten and Weight Loss 22 Irritable Bowel Syndrome IBS 23 Where to buy Gluten Free Foods From 23 Natural Food Stores 24 Supermarkets and Grocery Stores 24 Online Shopping 25 Farmers Market 25 How to be gluten free with spending a fortune 26 Travelling when you are Gluten free 28 How to Read the Labels 31 Eating at Friends 33 Eating at Restaurants 35 Restaurants to Avoid 37 Cooking alternatives in Gluten Free Food 38 Soy sauce 38 Pie Crust 38 Tortillas 39 Thickeners 39 How to make sure its gluten free 39 How to test for Gluten 41 Keeping your kitchen gluten free 41 Things to watch out for with gluten cooking 42 Alcohol and Gluten 43 Breakfast 45 Porridge 45 Buck Wheat Pancakes 46 French toast 49 Granola 50 Lunch 52 Ham and Cheese Panini 52 Reuben Sandwich 53 Red Broccoli Salad 54 Dinner 55 Lasagne 55 Grilled Marinated

Shrimp 57 Pesto Penne 58 Cookies and other treats 58 Chocolate Fudge 58 Coffee Cake 60 Living the Gluten Free Life 60 Introducing Gluten Free Living Depression, Fatigue, Joint Pain, Headaches What do all of these things have in common? The answer is they can all be caused by eating wheat. Gluten intolerance is one of the major health problems facing society today. It is estimated in the United States alone that there are over two million people who suffer from Celiac disease and many more who are gluten intolerant to some degree. When a person is intolerant to Gluten all sorts of nasty symptoms can occur. The symptoms of gluten intolerance and celiac disease are multisystemic meaning they can exhibit in many different forms. Not only this but there is numerous digestive problems related to eating gluten including weight gain, constipation, malformed stools and a host of other problems. There is even strong evidence pointing towards a connection between autism and a gluten filled diet. Sadly most people who are gluten intolerant remain undiagnosed. As you will see is this book there are a number of reasons why people fail to get receive a proper diagnosis for celiac disease or gluten intolerance but the results of the improper diagnosis are always uniformly tragic. A disease which is 100 percent treatable through correct diet goes untreated. Not only does the sufferer not receive help for their condition it is often aggravated by the medication that they are given. If you are reading this book then you probably fall into one of three categories. Maybe you suspect that you are gluten intolerant or maybe someone you know suffers from gluten intolerance, or maybe you simply want to adopt a healthier lifestyle through living gluten free. The truth is that going gluten free is a sensible option no matter your tolerance for gluten. As you will soon see our bodies are simply not designed to consume gluten. Removing it from your diet can do wonders for your health and energy levels. And the fact is there is a huge array of healthier grain alternatives to choose from. While we live in a society that is still wheat based being gluten free is going to be a challenge. This book aims to make that challenge a little easier by giving you tips on how to eat gluten free when you are out, how to travel gluten free and how to shop for gluten free foods. It will also show that you dont need to be rich to live gluten free. You will also learn about the science surrounding the gluten free diet and why gluten can cause so much damage to our digestive system. Products that contain gluten will be clearly identified and you will discover how to read food labels to make sure that the food you are eating is free of Gluten. Making the change to a Gluten free lifestyle can be one of the best things that you do. If you are currently suffering from any of the symptoms of celiac disease or gluten intolerance it is not an exaggeration to say that going gluten free can give you a new lease on licence. I

hope that the information you find here will make that change all the easier. What is Gluten? If you are new to gluten free living you might me wondering what exactly Gluten is. Put simply gluten is a protein which is found in wheat, barley, rye, and malt. It is also used as an additive for thickening, stabilising and flavouring. Some strict Gluten free diets also exclude Oats which are often exposed to cross contamination of Gluten. Some of the most common Gluten foods are pizza, crackers, pasta, cookies, bread, bagels and beer. Of course this list includes some of peoples favourite foods. Luckily there are now Gluten free versions of virtually every food that you can think of.

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