

# The Gluten Free Blueprint-gluten Free



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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 in 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 don't 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 life. 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 be 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 people's favourite foods. Luckily there are now Gluten free versions of virtually every food that you can think of.

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