

The Gluten-free Way: My Way - , Adrienne Z. Milligan

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This is a book that needs to be read by those who must live Gluten-Free (because they have life-threatening allergies to wheat-based products), as well as those who just want to eat better. Included are first-person accounts of the difficulties involved in ridding oneself of gluten, plus many scrumptious recipes, and lists of informative websites, support groups, articles, and retail establishments catering to the Gluten-Free Way. An invaluable guide to a cutting-edge topic. Author: Maltese, William Author: Milligan, Adrienne Z. Publisher: Wildside Press Illustration: N Language: ENG Title: The Gluten-Free Way: My Way Pages: 00168 (Encrypted EPUB) / 00168 (Encrypted PDF) On Sale: 2012-01-24 SKU-13/ISBN: 9781434457196 Category: Cooking : Specific Ingredients - Rice & Grains Category: Cooking : Health & Healing - Allergy

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