



The Gluten Free Guide: How To Lose Weight, Improve Your Skin, and Boost Your Immune System

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The gluten-free diet was first prescribed for people with Celiac disease or who suffered from digestive issues and inflamed intestines. Over the past few years, the diet has grown in popularity as numerous individuals have noticed the benefits of becoming gluten-free. This popularity has recently led to a number of scientific studies and research looking into the effect gluten has on our bodies. This book will be a primer for those looking to cut gluten out of their diet.

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