



## Gluten: Is It Making You Sick or Overweight?

By Sandra Cabot MD

SCB International, United States, 2016. Paperback. Book Condition: New. 211 x 137 mm. Language: English . Brand New Book. The gluten-free diet craze swept across the US and Canada in the past decade, and health and fitness experts continue to debate the benefits of the diet, both for Celiac Disease sufferers and for those who believe the diet helps their digestion, energy level, and overall health. Dr. Sandra Cabot s guide to using a gluten-free diet for weight loss and better health illustrates how the gluten protein can cause damage in your body that makes a person unwell or overweight - and she details how it s not just sugar or fat in the diet that causes weight gain or illness. This handy and affordable guide includes diagnosing gluten sensitivity and gluten intolerance, tips for eliminating gluten from your diet, gluten and arthritis explanations, gluten and indigestion issues, lists of foods that contain gluten, and dozens of simple and fast gluten-free recipes, including gluten-free breakfasts, entrees, and desserts.

DOWNLOAD



READ ONLINE  
[ 4.92 MB ]

### Reviews

*This is the greatest book we have read through till now. It is probably the most amazing book we have go through. I am just happy to tell you that here is the greatest book we have read through during my individual daily life and may be he best ebook for possibly.*

-- **Eliseo Leffler**

*These kinds of ebook is the perfect publication offered. It is among the most incredible publication i have go through. You will not feel monotony at whenever you want of your time (that's what catalogues are for concerning if you check with me).*

-- **Delia Schoen**