



Gluten Free Diet - The Secret to a Healthy Gut

M. Usman, John Davidson

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Prelude
The Celiac disease is a disorder that is not unheard of. People who suffer from this disorder are prone to stomach damage if they consume foods containing gluten. A gluten-free diet specifically targets these people and is thus a diet that excludes foods containing gluten. When consumed, gluten causes inflammation in the small intestine that leads to other signs and symptoms. In order to prevent and bring these signs under check, gluten must be avoided. Any person, unless of course an experienced medical practitioner, cannot build his/her own diet out of scratch, even though the diet's name is pretty much self-explanatory. This is where this book comes in; it relieves you of any doubt about the causes of the problems the diet deals with, to its recipes, so you would have complete knowledge when you shift to the non-gluten regimen. Moreover, the diet is also applicable to people with non-celiac gluten sensitivity which will be explained later. Note that people with non-celiac gluten sensitivity may or may not benefit from a gluten-free diet, but for sufferers of celiac disease, a gluten-free meal plan is a necessity rather than a suggestion. Switching to the diet can itself be a big step as it will pretty much involve you to substitute each gluten component of your diet with something new. But with courage, faith, and guidance in the right direction, it is not that difficult to accomplish this goal. Read on and find out more!



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