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Reviews

Complete guide! Its this kind of very good read through. I really could comprehended almost everything out of this written e publication. Your lifestyle span is going to be transform the instant you complete looking over this book.
(Reilly Keebler IV)

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Createspace, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. No-Cook and Gluten-Free - The Gluten-Free, Dairy Free, No-Cook Playbook for Every Occasion Looking for a healthier way of living with gluten-free meal Switching to a raw food diet nourishes the body in a much more natural way. Vitamins, minerals and enzymes are preserved and glycotoxins caused by high temperatures are kept to a minimum. Eliminating gluten and dairy, two of the main offending proteins, also contributes to fighting inflammation and disease. Many people who have made the switch saw their lives being transformed. Chronic painful conditions such as arthritis and fibromyalgia were even reversed for several of them due to the reduction of inflammation throughout the body. Creating delicious raw, gluten- and dairy-free dishes sounds scarier than it actually is. Just taking the time to learn how to perfect this art could literally transform your life. Many raw food advocates prefer a vegan approach, since raw animal products are often unsafe for consumption. Whether you decide to include meat and eggs or not is usually a personal choice. If you opt for an omnivore raw food diet, make sure you buy from local, organic producers and consume the meat as fresh as possible. Discover great gluten-free recipes that nourishes the body naturally Also, you ll discover. How to prepare various gluten-free meals How the modern way of eating is contributing to an epidemic of obesity and auto-immune diseases And much more! Table of Contents Introduction Breakfast Recipes Choco-cado Smoothie Pineapple Coconut Smoothie Ginger Orange Burst Berry Breakfast Parfait Mexican Chocolate Chia Pudding Awesome Strawberry Chia Pudding Wholesome Coconut Banana Porridge Sweet Cocoa Chia Bars Apricot Mango Breakfast Bars Carrot Cranberry Crunch Salad Hearty Apple Almond Salad Very Berry Morning Mix Sweet...



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