



Gluten-Free Club: Gluten-Free Secrets to Weight Loss: That You Wish You Knew (Paperback)

By Shari Darling

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.You re about to discover the proven secrets, steps and strategies on how to lose weight by giving up gluten and wheat! Who said living a gluten-free lifestyle has to be difficult? I ve lost over 60 pounds and my husband, Jack, has moved from 230 pounds to 187 pounds. Not through suffering or dieting or starving. But by simply eating a well balanced, healthy gluten-free diet. There are secrets to our success. Are you interested in losing weight or that beer belly or wheat belly? Have you tried a gluten-free diet and noticed that you didn t lose weight at all? Or you gained weight? If so, then you re certainly missing the secrets to having this lifestyle choice benefit for you. Today doctors, specialists, scientists and researchers believe and advocate that a diet free of wheat and gluten will not only cure auto-immune and chronic diseases, curb fatigue, and reduce inflammation, but also cause you to shed unwanted weight. Eating foods free of wheat and gluten is not enough, however. There are secrets to the Gluten-Free...



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