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*Helen Marie*

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## **Gluten Free Cookbook for Busy Moms Book 2: 50 Nutritious Recipes to Save Moms Time and Money (Nutritious Gluten-Free Recipes for Healthier Living series) (Volume 2) Helen Marie**

Are you often sick or are you overweight? OR Are you gluten intolerant? If you answered "yes" to any of these questions, you really need this book, which is Volume 2 to its companion book, Gluten Free Cookbook for Busy People on a Budget. As new evidence comes in, scientists are convinced that both enriched and whole wheat are the largest reasons for sickness and obesity in the United States. Do you have any of the following diseases or complications: \* Diseases such as: epilepsy, celiac disease, malnutrition, many autoimmune diseases \* Digestive issues like: IBS, bloating, gas, constipation and diarrhea \* Headaches, migraines, brain-fog and an inability to concentrate well \* Fatigue and fibromyalgia-related symptoms \* Mood swings, depression, ADD or anxiety This is a serious matter...serious enough that scientists and researchers all over the United States have conducted studies that PROVE enriched wheat (white bread) and whole wheat are really bad for you. Their answers are below in these samples of alarming, cutting-edge conclusions from leading researchers, nutritionists and doctors: \* From Temple University: A 75% improvement in insulin response was reported. \* From the Mayo Clinic: Patients lost 27.5 pounds on a wheat-free diet without counting calories. \* From Columbia University: Wheat elimination cut the frequency of obesity in half. \* From Duke University: Belly fat was reduced by over 5 inches and weight dropped 24.5 pounds. Readers are usually stunned when they read this fact: eating whole wheat bread raises blood sugar to a greater degree than sucrose. Whole wheat bread contains a glycemic index of 72 but ordinary table sugar contains a glycemic index of only 59. In all probability this next truth will also shock you: wheat puts you in a vicious cycle that increases appetite and the impulse to eat more ... and more. Why? Because enriched wheat (white flour and white breads)—even "healthy" whole grain wheat (whole grain flour and whole grain breads)—contain addictive properties which press your appetite "buttons". When you remove wheat from your diet, a remarkable phenomenon occurs: your desire to eat more halts! No more urges that prod you to eat more. And more! Instead, you develop an entirely new rapport with food. The recipes in this book—all 65 of them— are gluten free. That means they contain 0% wheat! So start now by getting this book that contains NONE of the bad-habit-forming recipes that make you crave more food and gain more weight but ALL 50 nutritious recipes that will definitely give your body maximum energy, nutritious foods and a safer, healthier eating lifestyle so you can really enjoy your life and live longer and disease-free! Scroll up now and get your copy of this powerful book that many are calling THE LIFE SAVING COOKBOOK! before the price increases.



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**Louis Hartford:**

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