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Includes 65 delicious gluten-free recipes plus tips on eating out Find out how easy and tasty it can be to go gluten free! If you have a wheat allergy, gluten intolerance, celiac disease, or you just want to enjoy the benefits of a diet free of wheat, barley, and rye, then this guide is for you.

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Everything you need to know about living a gluten-free lifestyle As the prevalence of gluten-free dieting continues to grow--both from necessity and choice--more and more people are searching for a healthy way to cut gluten out of their lives.

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