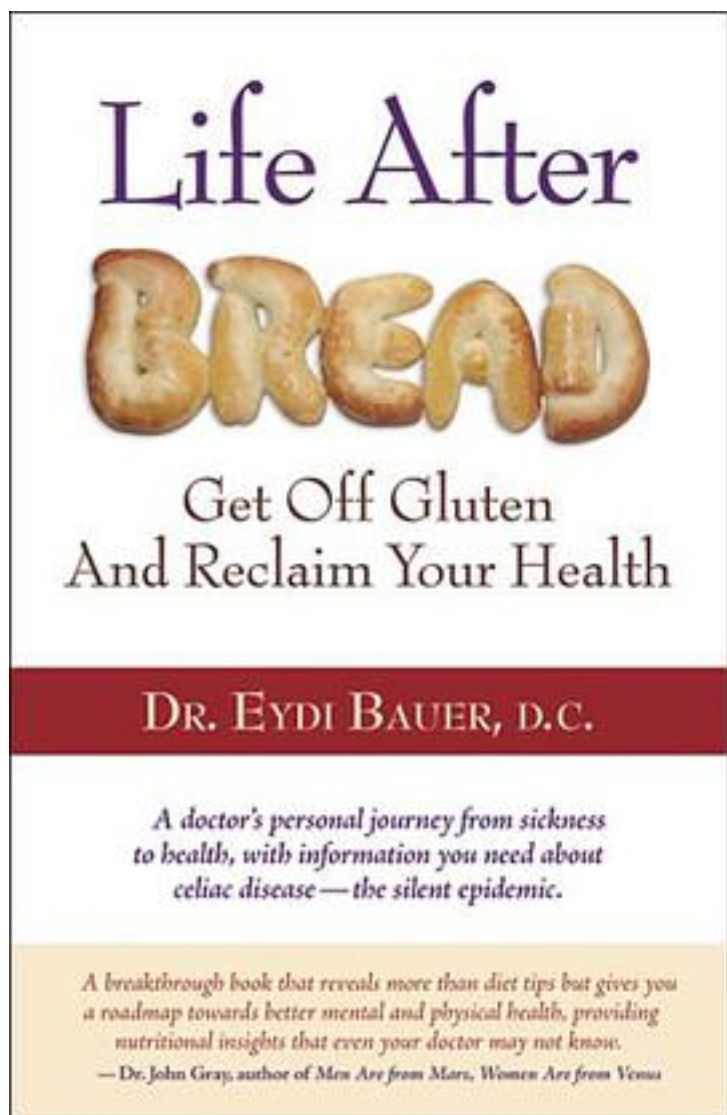


# Life After Bread



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One in a hundred people has celiac disease, and one out of three is gluten intolerant. Millions of Americans are affected by gluten-related illnesses that are misdiagnosed. The good news is: there's Life After Bread, and this groundbreaking book will help you determine whether you're one of the millions whose health is being compromised by wheat products. You can put an end to feeling sick and tired. Just remove gluten from your diet and you'll: Reduce pain and inflammation; Relieve depression, anxiety, and mental problems; Improve digestion and bowel issues; Increase your strength and revitalize your energy; Restore balance to your biochemistry.

作者介绍:

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