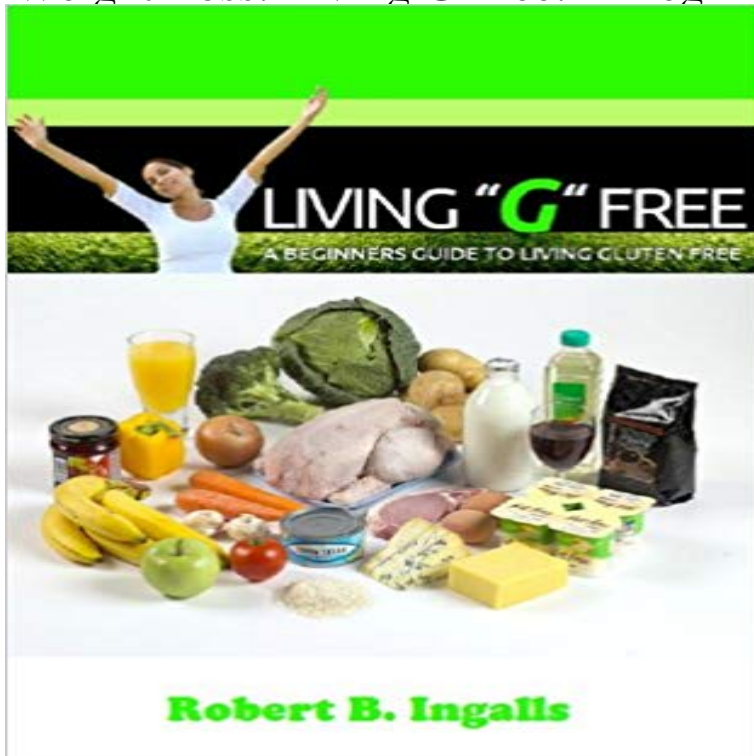


Weight Loss: Living G Free: A Beginners Guide to Living Gluten Free



As gluten is found in most forms of carbohydrates, it produces the body energy however when this form of energy is not used immediately the body will convert it into fat. Gluten is the biggest cause of unwanted belly fat, low energy levels, and poor absorption of nutrients, and it can be found in many of the foods you were taught to eat on a daily basis (like breads, pastas, some soups, and more!). If You Want to Lose Weight Effectively, You Gotta Remove the Gluten! This book will provide you with everything you need to know to easily transition you into living a gluten free lifestyle if you are required to by way of gluten intolerance or finally achieve your dream of dropping the fat.

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