



Gluten Conspiracy: Exposing the Situation and Providing Solutions to the Threat of Wheat

Delores Beery, Dr. Leldon Nichols

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A COOKBOOK WITH AN ATTITUDE! Gluten Conspiracy turns up the heat on wheat. Part one explains the Gluten situation as it involves the authors personally and the public in general. Essentially this part deals with the reasons for and consequences of the increase in cases of gluten intolerance. The question of whether or not there is an organized gluten conspiracy is explored in this section. This section also calls for more qualitative research about gluten intolerance and consumer activism to increase public awareness and improve public health. Part two provides practical solutions for people who have gluten intolerance or those who want to begin a gluten free lifestyle. Guidelines to identify gluten in processed foods and how to avoid gluten when eating out are included in this section. Part two includes over 150 gluten free recipes with full color photos. The book has numerous links and references to information about gluten intolerance.

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