Go Gluten-Free!

Enjoy old favorites gluten-free

With 1 in 133 in the U.S. affected with celiac disease[1], it's not too surprising that gluten-free diets are popular these days. But people with Celiac's disease aren't the only ones who benefit from gluten-free fare. Did you know, it's been estimated that 97% of Americans who have Celiac's disease are not diagnosed?[2]

Many people are completely unaware that they have gluten intolerances and end up experiencing years of discomfort (in mild cases) and much worse, in others.

I like to challenge many of my clients to go gluten free for 30 days and find out whether or not gluten is the culprit responsible for their health dilemmas.

Why don't you take the challenge, too?

In the process, you'll discover new ways to make old favorites as well as creative alternatives. Perhaps you'll realize that you're better off gluten, as many already have.

Let me get you started! Check out my gluten-free pancakes and banana bread recipes. Or how about pizza with an almond flour crust? A simple bread or a festive almond cranberry loaf are good options, too.

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[1] http://www.celiac.org/index.php?option=com_content&view=article&id=5&Itemid=11