



The Gluten-Free Solution: Your Ultimate Guide to Positive Gluten-Free Living (Paperback)

By Gigi Stewart M a

Gluten Free Gigi LLC, United States, 2014. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.Struggling for more than 25 years with debilitating chronic pain that doctors could not understand, and enduring dozens of horrifying misdiagnoses from lupus to Lyme disease to leukemia, Gigi Stewart, M.A., was relieved when she learned celiac disease and multiple food allergies to soy, peanuts and tree nuts, as well as the need to eliminate dairy products, were responsible for her ill health. Instead of feeling restricted and deprived, Gigi immediately felt empowered and liberated as she combined her skills and knowledge as a research scientist with years of culinary experience to overcome the challenges of eliminating entire food groups from her diet. Gigi looks at nutrition different from most as a result of her professional background as a behavioral neuroscience researcher specializing in chronic inflammatory pain and natural products research. She sees nutrition from the inside out - and answers the question What do the foods we eat do inside our bodies? It is this unique, fact-based approach to nutrition, combined with her personal experience living with celiac disease and multiple food allergies that...



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