



## **30 days Gluten-free Diet:: Recipes that will help you maintain a gluten-free diet for 30 days.**

*James Martin*

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I will talk about how grains in general are a poor choice for your health, but gluten containing grains like wheat, barley and rye require special attention because they can be particularly damaging to your health. All grains, including other non-gluten containing grains like oats and corn, are not good for you because they contain gut irritating lectins and mineral binding phytates, but you'll learn here why gluten-containing grains and wheat especially can not only cause the same problems as other grains, but also cause much more trouble down the road

Three main constituents are of interest here: gluten, WGA \*wheat germ agglutinin\* and opioid peptides found in wheat. Gluten is a compound protein that composes about 80% of the protein found in wheat, barley and rye, and WGA is a lectin found in wheat that can be particularly damaging. Opioid peptides are psychoactive chemicals and those found in wheat are similar to those found in other well known psychoactive drugs like opium or morphine

Contrary to what so many people believe that wheat is not to be avoided only by those who suffer Celiac disease, the autoimmune disease caused by a reaction of the immune system against gliadin, a gluten protein. Those with Celiac disease only react more strongly to wheat and gluten than those without the disease, but most people have a reaction in some way or another to wheat consumption, often in insidious ways

This book is meant to lead you step by step on some diet that is free from gluten, those that have completed the 50+ gluten-free recipes can continue with this for an exciting healthy living. You will get to know of most recipes you never knew was free from gluten, Get your copy now with a click and thank me later after being found helpful

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