



# Gluten-Free Club: Gluten-Free Secrets to Weight Loss: That You Wish You Knew

*Shari Darling*

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# Gluten-Free Club: Gluten-Free Secrets to Weight Loss: That You Wish You Knew

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## **Gluten-Free Club: Gluten-Free Secrets to Weight Loss: That You Wish You Knew** Shari Darling

You're about to discover the proven secrets, steps and strategies on how to lose weight by giving up gluten and wheat! Who said living a gluten-free lifestyle has to be difficult? I've lost over 60 pounds and my husband, Jack, has moved from 230 pounds to 187 pounds. Not through suffering or dieting or starving. But by simply eating a well balanced, healthy gluten-free diet. There are secrets to our success. Are you interested in losing weight or that beer belly or wheat belly? Have you tried a gluten-free diet and noticed that you didn't lose weight at all? Or you gained weight? If so, then you're certainly missing the secrets to having this lifestyle choice benefit for you. Today doctors, specialists, scientists and researchers believe and advocate that a diet free of wheat and gluten will not only cure auto-immune and chronic diseases, curb fatigue, and reduce inflammation, but also cause you to shed unwanted weight. Eating foods free of wheat and gluten is not enough, however. There are secrets to the Gluten-Free diet that you'll need to discover in order to support your weight loss and aid you in keeping the weight off long term. In this book you'll discover the following: About Shari Darling Introduction: Chapter 1: What is Gluten? Chapter 2: The Secrets of the Gluten-Free Diet Chapter 3: How does Gluten Affect Your Health? Chapter 4: How does Gluten Make You Fat? Chapter 5 Another Secret. Avoid Some Gluten-Free Foods Chapter 6: Gluten-Free Secrets and Tips Chapter 7: Gluten-Free Grains that Support Weight Loss Chapter 8: Sugar Swaps: Low Glycemic Sugar Substitutes Chapter 9: Get the Skinny on Fats Chapter 10: March to the Starch Chapter 11: The Need for Speed Chapter 12: Craving Killer Secrets Chapter 13: Be a Conscious Shopper Conclusion

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