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Bak . 2d. Follow. The Whack-
A-Mole Game of Eating
Healthy. Stock photo
courtesy of Canva. These
days it seems like most
people you talk to are
“trying” to eat healthy and
improve their diet. . . .

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*The Impact of Gluten and
Dairy on Binge Eating | News
Break*

Dairy is naturally a gluten free food. If you choose to purchase processed foods, be very mindful of ingredient

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labels and contamination warnings. Often, even if a product is gluten or dairy free, it may have been processed on the same equipment as gluten or dairy containing products. Get my clean eating food list [here](#).

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When eating out at restaurants, inform your waiter that you cannot consume dairy or gluten.

Restaurants may cook certain foods in butter, or prepare foods on a surface ...

And

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*Cookbook Starting a Gluten-
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By taking gluten, wheat and
dairy out of your diet, you
will be forced to abandon
much of the junk food
available and to eat
fresher, purer, more

And

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nutritious produce, which
can only be a good thing.

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have a cure, but you can...

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The inability to tolerate
either gluten or dairy foods
in your diet can lead to
unpleasant and even
dangerous health
consequences. These

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You Fight Food Allergies
This anti-inflammatory meal

And *Page 32/53*

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cookbook full of dairy-free and gluten-free recipes that are nourishing for the mind and body! Simple, delicious recipes, rich in foods that are known for their anti-inflammatory properties.

Vegan, Paleo, and Whole 30

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Many people avoid gluten, a group of proteins found in grains like wheat, barley,

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casseroles, flavorful noodle
dishes, cream sauces...these

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are all things that you can still enjoy even if you are on a gluten free and dairy free diet.

200 Allergy Free Recipes

20 Easy Gluten Free Dairy Free Recipes Your Family Will ...

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A gluten-free diet is a diet that excludes the protein gluten. Gluten is found in grains such as wheat, barley, and rye. While a gluten-free diet is usually used to treat celiac disease, an inflammatory

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disease of the small
intestines, it may play a
role in other autoimmune
diseases, e.g., psoriasis,
arthritis, scleroderma,
thyroid disease.

Dr. Koufman's Reflux-

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*Friendly Gluten-Free Diet |
The Voice . . .*

If the country made the switch from dairy butter to plant butter, it would be the equivalent of removing 1.3 million cars from the road," he said. Overall,

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there are more dairy-free and gluten-free options available now than ever before, and a celiac or lactose intolerance diagnosis may not mean saying goodbye to favorite foods.

And

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*Gluten-Free and Dairy-Free:
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What's the Connection?*

The idea is to remove all
foods containing gluten from
your diet for a short period
of time (21 days) and see
how you feel before

And

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reintroducing it. Those with more severe symptoms are advised to eliminate gluten for a minimum of 30 days.

Eliminate the following foods: Gluten (wheat, rye, oats, spelt, kamut, barley).

And

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*12 signs you have gluten
intolerance - BodyCures -
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Gluten intolerance is a
fairly common problem. It is
characterized by adverse
reactions to gluten, a
protein found in wheat,

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barley and rye.. Celiac
disease is the most severe
form of gluten ...

*The 14 Most Common Signs of
Gluten Intolerance*

Gluten free bread sucks,
there's no gentle way to put

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it. Sure, giving up gluten is trendy right now, but unless you're under medical advisement to nix it, don't. On the flip side, solely consuming bleached and processed wheat isn't a great idea.

And

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that meet the needs of your family's gluten-free lifestyle. From breads and pastas to snacks and meals - you'll find everything you need to keep your pantry and fridge stocked!

And

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