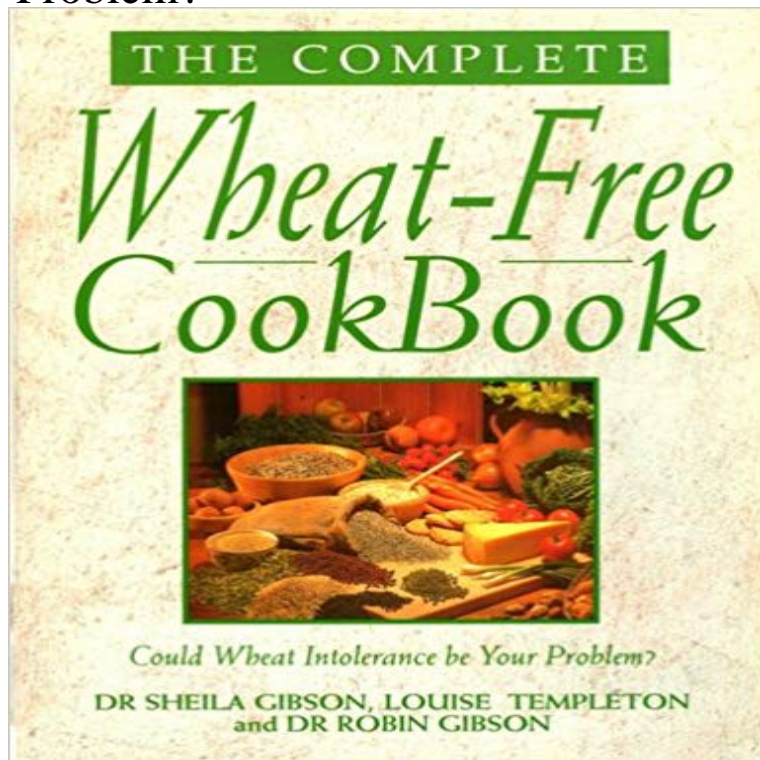


# The Complete Wheat-free Cook Book: Could Wheat Intolerance be Your Problem?



Wheat intolerance is one of the most common forms of food allergy. Avoidance has helped to improve the health and well-being of sufferers from heart problems, gastro-intestinal complaints, migraine, arthritis and skin conditions and many who were simply feeling below par. This book contains hundreds of tempting recipes for all occasions, showing the way to a wheat-free diet that is varied and tasty as well as a boost to health and vitality.

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