



Brain Grain Cookbook: 50 Simple Grain Brain Recipes to Make You Live Healthy, Lose Weight Fast, and Boost Your Brain Power (Paperback)

By Santos Garcia

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Download this Brain Grain Cookbook at Special Price Consumption of gluten has suddenly seen an increase over the past few years. In fact, not only grains, gluten is available in a number of processed foods, and even certain medications. Life without gluten demonstrates a number of potential benefits: Elevated brain health Increased weight loss Elevated energy levels Diminished bloating and gas Diminished risk of cardiovascular diseases Decreased risk of cancer Improvement in Celiac disease Improvement in IBS and other GI disorders Overall improvement in health and immunity And even though, a number of people want to adopt the gluten free lifestyle, they are skeptical about it. The main reason for this is their misconception about the difficulty of cooking gluten free dishes. This book provides step by step instructions that will help you adopt a gluten free lifestyle and enable you to prepare no grain, low fat, low sugar and low carb recipes. Eventually, you will be consuming the healthiest, yet yummiest foods on the planet. The recipes mentioned in the book are sumptuous, yet easy to make....



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