



Gluten Safe Unsafe Ingredient List: The Fundamental Pocket Guide for Celiacs

By Jaqui Karr C. S. N.

Black Wave Publishing. Paperback. Book Condition: New. Paperback. 78 pages. If you are diagnosed with Celiac Coeliac Disease or simply gluten sensitive, you will not want to go without this crucial guide, and definitely never do any grocery shopping without this guide. The most comprehensive and accurate safeunsafe list to date, this guide is the ultimate tool in managing a gluten free diet. The author, also a Celiac, Certified Nutritionist, and Natural Health Consultant, has researched exhaustively every safe and unsafe ingredient found in food and delivered that comprehensive list to you, even pointing out where other lists, including the ones provided by major Celiac associations, go wrong which can cause you to stay sick forever. Note: this is not a grocery guide, as those can be outdated before even printed because manufacturers change ingredients often and without warning. This guide indicates actual ingredients you will check on labels - which is the only way to manage a gluten free diet safely. The A to Z list makes it incredibly easy to have on your portable device or smart phone so that you can check labels anywhere, even when traveling. Of course you can also print from your computer. (note,...



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