



Living Wheat-Free For Dummies

Rusty Gregory, Alan Chasen

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Your trusted guide to living wheat-free

Wheat is one of the largest contributors to the nationwide obesity epidemic—and its elimination is key to dramatic weight loss and optimal health. *Living Wheat-Free For Dummies* exposes the harmful effects of wheat/grains, sugar, and vegetable oils and provides you with a user-friendly, step-by-step plan to navigate a new, wheat/grain-free lifestyle.

This information-packed guide explains why you should eliminate the trifecta of wheat/grains, sugar, and vegetable oils, what this diet looks like, and how to smoothly transition into this new dietary way of living. Whether you suffer from a wheat allergy, intolerance to grains, or just want to cut out inflammation-causing foods from your diet, *Living Wheat-Free For Dummies* gives you the tools and tips to improve your overall health. You can also find forty plus delicious, easy, wheat/grain-free ideas for any meal and guidelines for dining out.

- 40-plus delicious, easy recipes that are free of wheat/grains, sugar, and vegetable oils
- Guidelines for dining out wheat/grain-free
- Practical techniques for making the lifestyle a permanent change
- Exercise programs for all levels that maximize weight loss efforts and optimal health

If you're looking to adopt a wheat/grain-free diet and lifestyle, this hands-on, friendly guide has you covered.

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