



Breaking Up With Gluten: Ways to Clean Out Your Gut and Save Your Butt!

Roxanne McDonald

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Breaking Up With Gluten: Ways to Clean Out Your Gut and Save Your Butt! Roxanne McDonald
NEW UPDATED SECOND EDITION! A fascinating and eye-opening look into the world of gluten-free living. When asked to review, I was initially skeptical but ended up reading it in an hour. It is that good and turns something mysterious, especially for us who look at food “fads” with disdain, into something easily understandable and even easier to try. If you’re considering going gluten-free, this is a must read. - Veronica Q. Davis, food critic This book has absolutely changed the way I treat food and more importantly, my body! I had no idea what gluten was, let alone the fact that it was destroying my body 24/7. This book is written in a way that makes it easy to follow and understand. I’m looking forward to continuing a gluten-free lifestyle and already feel amazing from it! - Levi Sanford, Entrepreneur, Marketing Consultant, Co-Founder of Global Events Promotion “Breaking Up With Gluten” is a touchstone for wellness. Ms. McDonald's book has a pleasantly communicated approach, for bringing new and necessary awareness to our daily eating habits. A must read for anyone that enjoys food...Thanks for caring Roxanne. - Brian Duncan, Music Participation Therapist/Administrator A great book with good advice about how to be gluten free. For those who have difficulty understanding the problem, Roxanne McDonald make it simple. She even has a chapter for your pets. Who could ask for more? – Frank Nelms, Nutrition Consultant

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Amy Hewitt:

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Nancy Samuel:

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