



Death By Spaghetti: Surviving gluten free & getting through the first year

Tanja C. Doescher

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A guide to living gluten-free deliciously & without hassle, based on Tanja's ten years of experience. This book is written by someone who has learned to live and thrive in a world without gluten. It covers safe and unsafe ingredients, symptoms, vitamin deficiencies, emotional effects as well as cosmetics and travel. The author presents a comprehensive How-to Guide with a bit of humor for anyone with friends or family who deal with the effects of celiac.

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