



Ready, Set, Eat! Gluten-Free Nutrition Basics

Faye Elahi, Nutrition Balance for Life

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Finally, a simply dazzling book by a gluten-sensitive nutritionist! Faye Elahi, also known as the Gluten-free Guru, offers a safe 30 day menu for all who suffer from food sensitivities or food allergies to Wheat, Gluten, Casein, Yeast, or other allergens. In Part I of her book, paints a clear picture of our current national nutrition deficiencies and toxicities. In Part II practical dietary solutions are offered to assist over 100 million individuals with food allergies and sensitivities.

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