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What You Can Do About It!**

**By Anne Sarkisian**

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If you aim to eat vegan and gluten-free, you should always have these 15 items in your pantry! at least) it's also important to keep your pantry stocked with basic staples. A well-stocked pantry will give you more options for cooking to making broth from scratch, and is healthy, especially since it does not  
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Research supports that gluten does contribute to cancer. from which all proceeds go to support BeatCancer.org, you can get them right HERE. you with simple, savvy steps to get healthy and become your own . Toxic Staple: How Gluten May Be Wrecking Your Health and What You Can Do About It!

Milford, MA - ANNE SARKISIAN: " TOXIC STAPLE: How GLUTEN may be wrecking your health – and what you can do about it! "

<https://patch.com/.../anne-sarkisian--toxic-staple-how-gluten-may-be-wrecking-your-...>

You are gluten-intolerant (Celiac Disease); You are not overweight people preaching that a gluten-free diet has “improved” their health? The problem is, toxic lectin proteins look identical to other proteins in Decreasing inflammation may be the single most powerful thing you can do to slow down your

<https://clovisnutrition.com/what-the-hell-is-gluten/>

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freshen-up – just enough to tide one over until a full revision may occur How Gluten May Be Wrecking Your Health - And What You Can Do

[www.boxwith.com/2003/07/](http://www.boxwith.com/2003/07/)

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In the first study ever to look specifically at whether gluten sensitivity Gluten May Be Wrecking Your Health and What You Can Do About It!

<https://universityhealthnews.com/.../the-surprising-link-between-gluten-and-depressio...>

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[toxicfreeitems.com/tag/health/](http://toxicfreeitems.com/tag/health/)

The last thing you want to worry about is what you can and can't eat and . I will put my grandkids on to you and try some recipes...when I find the time. My book, Toxic Staple: How gluten may be wrecking your health - and

[www.glutenawayblog.com/2012/07/my-story-of-discovering-celiac-disease.html](http://www.glutenawayblog.com/2012/07/my-story-of-discovering-celiac-disease.html)

Learn how gluten can effect the health of you and your family. The Toxic Staple You're Eating Every Day to learn everything she could about this protein that was wrecking havoc with her family's well-being. effect the health of you and your loved ones, as well as what you can do to combat it.

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How can you check if it's something that you should avoid? In certain predisposed individuals, gluten acts as is a toxic protein that particularly that great for our health, eliminating gluten from your diet is a smart decision on many levels. If you want to manually do it (in the long run- this might take more

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She wants people who care about their health and longevity to understand the How GLUTEN May be Wrecking Your Health and What You Can Do About It!

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"Toxic Staple", Anne Sarkisian's excellent, informative book about How Gluten May Be Wrecking Your Health and What You Can Do About It.

<https://www.forewordreviews.com/reviews/toxic-staple/>

10th Annual Incredible, Edible Gluten Free Food Fair! a.m. – Anne Sarkisian, author of the “Toxic Staple” will be presenting on the topic of 'How Gluten May Be Wrecking your Health' and will review what you can do about it.

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