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Debbie Blaine

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The *Gluten -ree Bible: A Complete Guide to Living Gluten Free* is a personal account of what the author discovered as she did her own research on the gluten-free diet. Her choice to live gluten free was optional, but there are many out there who have no option, as eating gluten can be fatal. Living gluten free has a myriad of benefits, all of which are highlighted in the text, and it can even help with weight-loss issues, which so many persons face every day.

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