

Wheat Free And Dairy Free

By Farieda Fryddie

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Apr 25, 2013 What was your first thought upon finding out that you were allergic to wheat, eggs, and dairy? OH SH*T! No, really, I was in shock.

<http://blog.freepeople.com/2013/04/live-wheat-egg-dairy-free-happiness-free/>

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Gluten Free & More magazine is for people on a gluten-free diet or living with other food allergies and sensitivities. Get easy-to-follow gluten-free and dairy-free

<http://www.glutenfreeandmore.com/>

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New research suggests that wheat and dairy proteins can cause 'leaky gut,' and may also cause the immune system to attack cells in the brain.

<http://www.healthline.com/health-news/ms-flares-linked-to-wheat-dairy-021314>

Body-conscious celebrities and their diet gurus are saying good-bye to gluten, dairy, and sugar. Their self-control is impressive. But is it necessary?

<http://www.allure.com/beauty-trends/health/2013/gluten-free-dairy-free-sugar-free-paleo-diets>

No gluten? No dairy? An anti-inflammatory diet, often prescribed by CAM (Complementary and Alternative Medicine) practitioners for radiant health, sounds about as

<http://life.gaiam.com/article/delicious-anti-inflammatory-diet>

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Oct 17, 2011 Hi, I have just been told to go dairy free and gluten free because lab tests show that I have a sensitivity to both gluten and cow's milk (casein).
<http://www.chicagonow.com/gladly-gluten-free/2011/10/things-i-wish-i-knew-when-first-going-gluten-and-dairy-free/>

Top wheat soy dairy corn free recipes and other great tasting recipes with a healthy slant from SparkRecipes.com.
<http://recipes.sparkpeople.com/great-recipes.asp?food=wheat+soy+dairy+corn+free>

Gluten, Wheat & Dairy Free [Parragon Books, Love Food Editors] on Amazon.com. *FREE* shipping on qualifying offers. For those with food allergies, it can be
<http://www.amazon.com/Gluten-Wheat-Dairy-Parragon-Books/dp/1445458837>

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<http://www.yummly.com/recipes/gluten-dairy-and-wheat-free>

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<http://fedup.com.au/factsheets/symptom-factsheets/dairy-wheat-gluten-do-i-need-to-avoid>

A selection of recipes adapted to meet the needs of families with a wide range of allergies. Dairy-free, egg-free, wheat-free, soy-free, peanut-free, nut-free, sesame
<http://foodallergies.about.com/od/recipes/>

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