



Gluten-Free for Diabetes: Eating gluten-free to avoid diabetes (Diabetes-Series Little Book)

Rivkah Roth

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One in three North-Americans born in 2000 and one in two minority individuals will develop diabetes. Yet, diabetes is largely avoidable. Gluten-Free for Diabetes, one of the DIABETES-Series Little Books, describes the connection between carbohydrates, gluten grains and their addictive qualities. It shows how to reduce inflammation to avoid diabetes and its complications by going gluten-free.

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