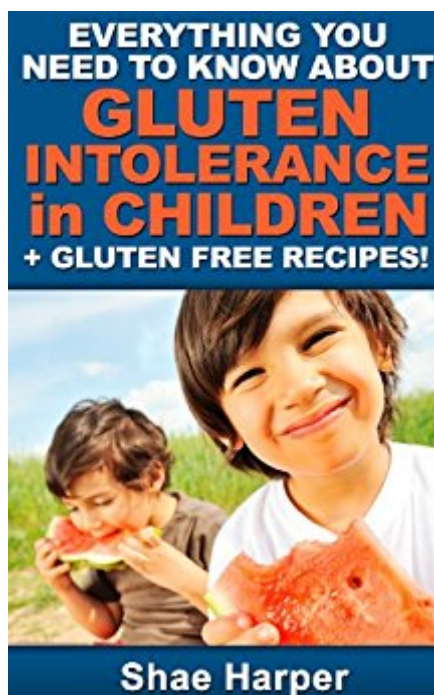


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# Everything You Need To Know About Gluten Intolerance In Children + Gluten Free Recipes! (allergies)



## Synopsis

Raising a child can be difficult, but when you have a child with gluten intolerance it can become even more difficult. Children who have to live on a restricted gluten-free diet, require more than one or two alternatives for their meals. These children deserve to eat the same type of foods as other kids and with all of the substitutes available today for gluten-free meals; your children can have exactly what they deserve. Your child should have a complete lifestyle diet plan, which addresses issues such as receiving definitive diagnosis for their particular gluten intolerance, when possible and treatment options that will keep their body in a healthy state. You and your child should know that there are hidden sources of gluten within food, how to find out what is hidden, and suggestions to ensure that your child lives a carefree healthy life, despite their dietary condition. As an adult, you are used to life throwing things at you that are unexpected, troublesome, and bothersome to the way that you currently are living your life. As an adult, you expect this will happen and deal with it as it happens, however; a child usually can't see past where they are in their life, and when it throws at them a huge lifestyle change, such as a new diet that takes away some of their favorite foods, they won't necessarily understand why or how to deal with it properly. This is where you as an adult need to step in and learn as much as you can about what your child is going through and teach them how the new changes will benefit them. It's up to you to find new recipes that will closely replicate their favorite foods, so they don't feel like they are missing out. If your child has been recently diagnosed with a form of gluten intolerance or allergy, then you're reading the best book to receive all of the information that you'll need to understand what your child is going through, you'll gain knowledge about the different types of gluten intolerance, tips about thriving on a new gluten free diet, and new recipes that are kid approved. If your child has not been professionally diagnosed as gluten intolerant, but you're sure that the signs and symptoms that you are seeing relate to gluten intolerance, or allergy then this is the book for you. This book has guidelines that outline gluten intolerance symptoms, which you can compare to your child's symptoms. Through comparing the symptoms in this book with your child's symptoms, and learning all about gluten intolerance, you will have all of the information that you require to go to your family doctor to seek help.

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