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The Ultimate Gluten and Dairy Free Cookbook Dr Cobi Slater PhD
The Ultimate Gluten and Dairy Free Cookbook Doctor of Natural Medicine, Nutritionist, Clinical Herbalist and PhD in Natural Health Sciences, Dr Cobi Slater explains how to easily transition into gluten and dairy free eating. As a mother of two young sons with Celiac disease and a husband who is gluten sensitive, Dr Cobi not only has helped thousands of patients achieve optimal health but she also lives a life where hypoallergenic eating is a must! The Ultimate Gluten and Dairy Free Cookbook provides crucial information on how to eat a gluten and dairy free diet with ease. Included are hundreds of delicious and easy-to-make recipes for the whole family, a gluten free and dairy free pantry list, how to navigate your way through gluten free flours as well as a detailed list of foods to avoid. If you are struggling with health issues or you simply want to eat a healthier diet, then this gluten free and dairy free cookbook will be an excellent guide to help you and your family along the way to living a lifestyle of exceptional health. Some Common Symptoms of Food Sensitivities: • Gas and bloating • Constipation and/or diarrhea • Acid reflux • Headaches • Eczema, psoriasis, hives and/or acne • Fatigue • Brain Fog • Depression and/or anxiety • Joint pain • Weight gain • Water retention • Dark circles under the eyes • Sinus congestion and/or runny nose • Ear infections • Asthma Whether you are looking for a quick breakfast idea, a favourite entrée, a slow cooked soup or many more delicious recipes, The Ultimate Gluten and Dairy Free Cookbook will show you that gluten free and dairy free cooking can mean healthy, easy and nutritious eating for everyone!

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