

# Go Gluten and Dairy Free and Feel Great: A Review



**Go Gluten and Dairy Free and Feel Great!: 100 quick and easy recipes plus the science explained: causes of allergies and intolerances, diagnosis and treatment**

**options.** by Giselle Wrigley

★★★★☆ 4.2 out of 5

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If you're considering going gluten and dairy free, or if you're already following this diet and looking for some guidance, then you'll want to read Dr. Tom O'Bryan's book, *Go Gluten and Dairy Free and Feel Great*.

In this comprehensive guide, Dr. O'Bryan provides everything you need to know about the gluten-free and dairy-free diet, including:

- The benefits of going gluten and dairy free
- How to make the transition to a gluten-free and dairy-free diet
- Tips for eating out and traveling on a gluten-free and dairy-free diet

- Delicious gluten-free and dairy-free recipes

Dr. O'Bryan is a leading expert on the gluten-free and dairy-free diet, and he has helped thousands of people improve their health by following this diet. In this book, he shares his knowledge and experience to help you get started on the gluten-free and dairy-free diet and achieve your health goals.

## **The Benefits of Going Gluten and Dairy Free**

There are many potential benefits to going gluten and dairy free, including:

- Improved digestion
- Reduced inflammation
- Weight loss
- Increased energy
- Improved sleep
- Reduced risk of chronic diseases, such as heart disease, cancer, and Alzheimer's disease

If you're experiencing any of the following symptoms, then you may want to consider going gluten and dairy free:

- Bloating
- Gas
- Diarrhea
- Constipation
- Abdominal pain

- Headaches
- Fatigue
- Skin problems
- Joint pain

Going gluten and dairy free can be a major dietary change, but it's one that can have a profound impact on your health. If you're considering making this change, then I encourage you to read Dr. Tom O'Bryan's book, *Go Gluten and Dairy Free and Feel Great*.

### **How to Make the Transition to a Gluten-Free and Dairy-Free Diet**

Going gluten and dairy free can seem like a daunting task, but it's actually not as difficult as you might think. Dr. O'Bryan provides a step-by-step guide to help you make the transition smoothly.

Here are a few tips from Dr. O'Bryan:

- Start by gradually reducing your intake of gluten and dairy products.
- Read food labels carefully to avoid hidden sources of gluten and dairy.
- Find gluten-free and dairy-free substitutes for your favorite foods.
- Cook more meals at home so you can control the ingredients.
- Be patient and don't give up if you have setbacks.

Making the transition to a gluten-free and dairy-free diet can take some time and effort, but it's worth it in the end. By following Dr. O'Bryan's advice,

you can make the transition smoothly and start enjoying the many benefits of a gluten-free and dairy-free diet.

## **Tips for Eating Out and Traveling on a Gluten-Free and Dairy-Free Diet**

Eating out and traveling on a gluten-free and dairy-free diet can be challenging, but it's not impossible. Dr. O'Bryan provides some helpful tips to make it easier.

Here are a few tips from Dr. O'Bryan:

- Call ahead to restaurants to ask about their gluten-free and dairy-free options.
- Bring your own food when you're traveling.
- Pack snacks in your carry-on luggage.
- Be prepared to explain your dietary restrictions to others.

With a little planning and preparation, you can enjoy eating out and traveling while following a gluten-free and dairy-free diet.

## **Delicious Gluten-Free and Dairy-Free Recipes**

One of the best things about a gluten-free and dairy-free diet is that there are so many delicious foods you can eat. Dr. O'Bryan includes over 50 gluten-free and dairy-free recipes in his book, so you'll never get bored with your meals.

Here are a few of my favorite recipes from the book:

- Gluten-Free and Dairy-Free Pancakes

- Gluten-Free and Dairy-Free Pizza
- Gluten-Free and Dairy-Free Chocolate Chip Cookies

These recipes are all easy to follow and packed with flavor. You'll be surprised how delicious gluten-free and dairy-free food can be!

If you're considering going gluten and dairy free, or if you're already following this diet and looking for some guidance, then I encourage you to read Dr. Tom O'Bryan's book, *Go Gluten and Dairy Free and Feel Great*.

This book provides everything you need to know about the gluten-free and dairy-free diet, including the benefits, how to make the transition, tips for eating out and traveling, and delicious recipes. With Dr. O'Bryan's help, you can achieve your health goals and feel



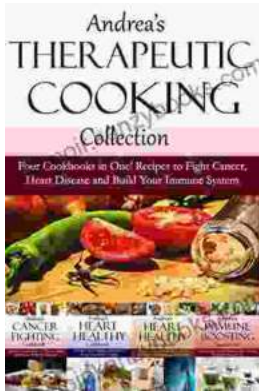
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