



# Living With Wellness: Gluten, Casein and Nightshade-Free Cooking (Volume 1)

*Monica Pelletier*

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As our diets have deteriorated in quality, so has the overall health of many. Pain and inflammation are common complaints. Pills and cremes may treat symptoms but don't cure the cause. Diet changes have proven to be effective in relieving aches and pains. A great start toward ridding the body of pain and inflammation is to remove nightshades, gluten and casein from the diet. Learn how to cook foods that can heal with quick and easy recipes that your whole family will enjoy.

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