



Gluten: Is It Making You Sick or Overweight?

Dr. Sandra Cabot M.D.

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The gluten-free diet craze swept across the US and Canada in the past decade, and health and fitness experts continue to debate the benefits of the diet, both for Celiac Disease sufferers and for those who believe the diet helps their digestion, energy level, and overall health. Dr. Sandra Cabot's guide to using a gluten-free diet for weight loss and better health illustrates how the gluten protein can cause damage in your body that makes a person unwell or overweight - and she details how it's not just sugar or fat in the diet that causes weight gain or illness.

This handy and affordable guide includes diagnosing gluten sensitivity and gluten intolerance, tips for eliminating gluten from your diet, gluten and arthritis explanations, gluten and indigestion issues, lists of foods that contain gluten, and dozens of simple and fast gluten-free recipes, including gluten-free breakfasts, entrees, and desserts.

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