



# GSDF Gluten Sugar Dairy Free

*Michelle DeBerge*

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## **GSDF Gluten Sugar Dairy Free Michelle DeBerge**

GSDF - Gluten Sugar Dairy Free

Whether you have food allergy, sensitivity or other medical condition, or you are giving up gluten, sugar and/or dairy by choice, it can be quite overwhelming knowing what is safe to eat, how to cook a different way and what to have on hand to make healthy meals. Once you learn about how toxic these ingredients are to the body, where the hidden dangers are, you will want to know how to avoid them and yet also make delicious food.

There are more food allergies today than there ever have been before. Researchers estimate that up to 15 million Americans have food allergies. This potentially deadly disease affects 1 in every 13 children. You may have even read that celebrities like Billy Bob Thornton is gluten and dairy intolerant, Robin McGraw (Dr. Phil's wife) has gluten sensitivity as does Jessica Simpson, Katherine, Duchess of Kent and many others. Some may not even be aware that they suffer from food allergies or intolerance.

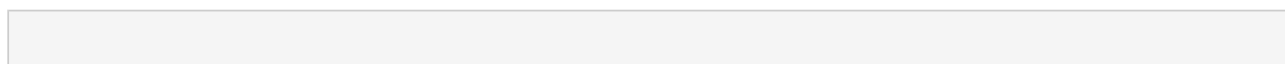
One of the more common food allergies is gluten, and it has a lot to do with how wheat is grown and GMO's (or "genetically modified organisms"). Gluten can cause arthritis, joint pain, weight gain, foggy brain and more. Sugar and dairy are the causes of a lot of common illnesses today also.

Gluten Free is now posted on menus, pre-packaged food and on ready-made items. People are becoming aware of the dangers of eating it. Yet when someone is first diagnosed with a food allergy or they are removing these items for health reasons, overwhelmingly they feel limited by their food choices and do not understand how to turn old style recipes into GSDF ones.

Michelle E. DeBerge had to become gluten, sugar, dairy free for health reasons and at first it was a struggle. As she began to study with some of the top alternative care practitioners and began to learn how and what to eat for her health, she struggled to find recipes that were all 3: gluten, sugar and dairy free. Most recipes were normally just free of one of the ingredients. So she began to re-write her cookbooks so that all of her recipes were GSDF.

She discovered the health benefits of herbs, juicing and found healthy ways to recreate some of her favorite dishes. Along the way she lost over 300 pounds and is still getting healthy. Michelle started a website that grew into a huge community where she teaches classes about being GSDF, gives cooking lessons, recipes and coaches people as they get healthy. This book is more than an important guide how to live gluten, sugar and dairy free with ease. It discusses the health aspects of what those ingredients do to the body, how to avoid them and find the hidden dangers.

Michelle shows you what the healthy foods are, what to have on hand for your pantry, freezer and fridge. You will be taught how to prep your meal for the week, simple meal plans and quick easy recipes. The recipes are delicious, easy to make and you will be able to create meals in minutes. She has been able to convert favorite recipes into even better tasting versions. Included inside are the GSDF Conversions and Substitutions to turn old recipes into healthy, delicious GSDF ones!



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