

**GOING GLUTEN FREE: A QUICK START GUIDE FOR A
GLUTEN-FREE DIET**

Mikael Marie Winberg

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Lorna – Welcome to the site and thanks for sharing your story, we wish you the best of luck. I do not eat cereals, raw food, rice which I had almost every day nor soya products.

Glutenfreetamariisagoodalternative. Margaret – Thanks for stopping by and sharing your story, it helps everyone! And no raw veggies, only steamed.

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