



## Cooking without: Recipes Free from Added Gluten, Sugar, Dairy Products, Yeast, Salt and Saturated Fat (New edition)

By Barbara Cousins

HarperCollins Publishers. Paperback. Book Condition: new. BRAND NEW, Cooking without: Recipes Free from Added Gluten, Sugar, Dairy Products, Yeast, Salt and Saturated Fat (New edition), Barbara Cousins, A classic recipe book which excludes ingredients harmful to those suffering from candida, M.E., and allergy sufferers. Anyone with food allergies, candida or chronic fatigue will benefit from excluding wheat, gluten, yeast, salt, sugar, dairy products and saturated fat. The book explains how eating the right kinds of food at the right intervals can help with energy-lack, elimination, healing and weight control. The recipes also support the body's blood sugar levels to give us sustained energy. It suggests 6 small meals a day at the start of the regime Even those with immune disorders, and/or cancer or heart disease sufferers will feel the benefit. Over 100 recipes with colour photo section.



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