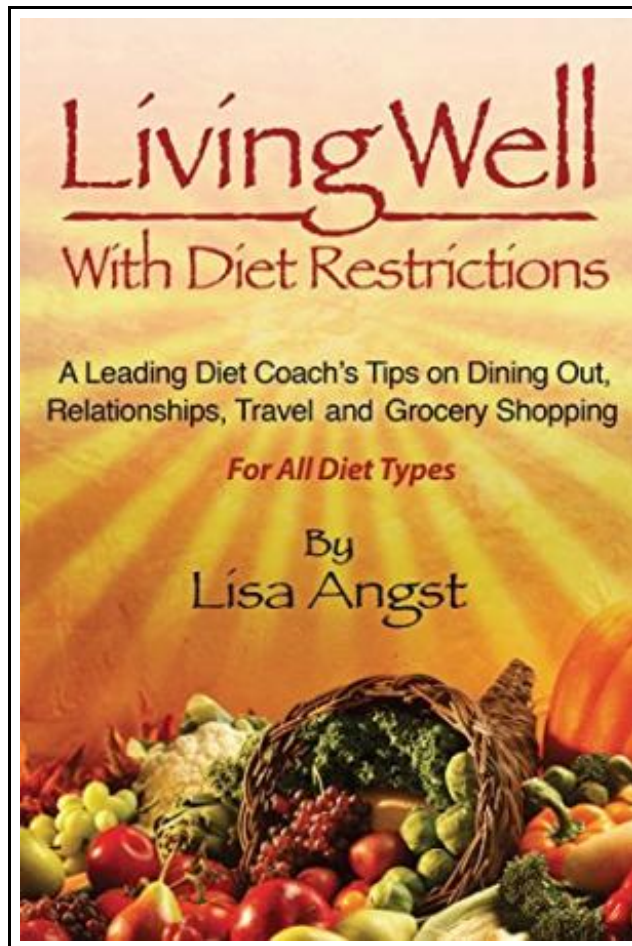


Living Well with Diet Restrictions: A Leading Diet Coach s Tips on Dining Out, Relationships, Travel and Grocery Shopping (for All Diet Types)



Filesize: 7.08 MB

Reviews



This ebook could be worthy of a read through, and far better than other. I am quite late in start reading this one, but better then never. I realized this publication from my dad and i advised this publication to learn.

(Stefan Von)

LIVING WELL WITH DIET RESTRICTIONS: A LEADING DIET COACH S TIPS ON DINING OUT, RELATIONSHIPS, TRAVELAND GROCERY SHOPPING (FOR ALL DIET TYPES)



Angst Enterprises, dba Health Through Diet, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Do you or an adult you care about have diet restrictions? Are you overwhelmed trying to fit a specialized diet into your daily life? Are you dealing with fear, grief, or sadness that your life may never be normal again due to your diet restrictions? Do you feel like no one understands or seems to care about your specialized diet? Do you have difficulty communicating dietary needs while on a date or with friends and family? Do you feel embarrassment or shame when eating out or shopping for food? Have you become more isolated or less social because of your dietary needs? Do you wish grocery shopping were less cumbersome and challenging? Would you like to learn how to dine out with fewer problems? Would you be interested in tips and tricks for traveling with diet restrictions? Would you like to help support someone with his or her dietary needs and protocols? If you answered yes to any of these questions, you are reading the right book. Paleo, gluten-free, sugar-free, dairy-free, grain-free, Specific Carbohydrate Diet, G.A.P.S., Fodmaps, low-sulfur and low-salt diets, as well as avoiding inflammatory foods and watching your weight, are just some of the food challenges that this book can help with. The details in these pages can help you navigate any of these protocols, and help almost anyone who is searching for help in integrating a specialized diet into daily life. What You Can Hope to Gain from Reading This Resource Guide: This book is a compilation of resources that Lisa Angst, the author, personally found helpful with her own extensive list of the diet restrictions used to manage ulcerative...

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