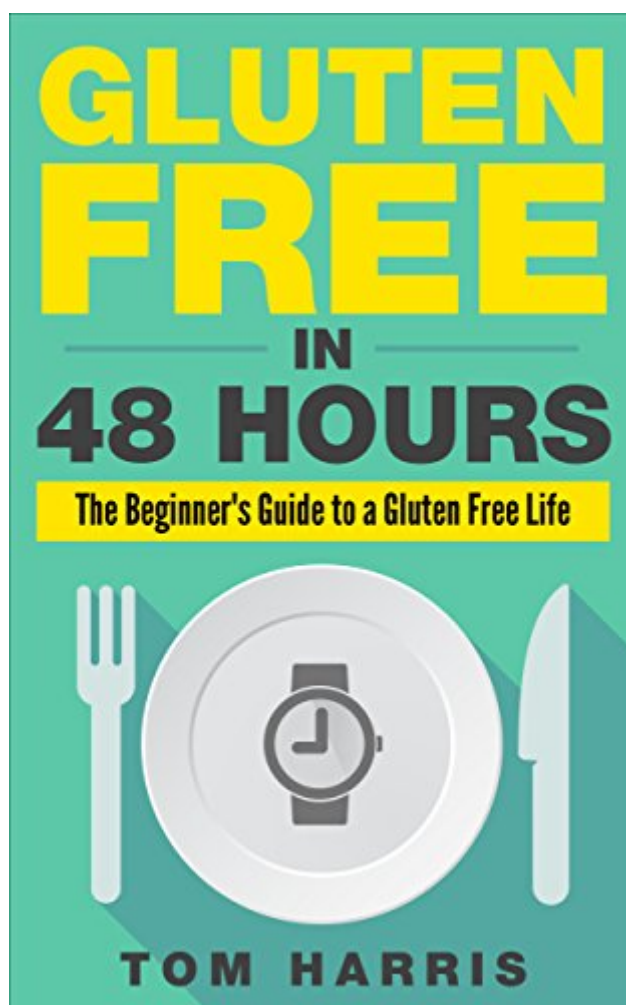


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Outstanding guide, quick, easy and practical. Literally a lifesaver for anyone needing to go gluten free. Thanks for the actionable tips and advice and for taking the "overwhelm" out of the process!

Read through it in a half hour - common sense stuff in my opinion. It is almost a "Gluten Free for Dummies" kind of read.

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