



Celíacos: Cómo cocinar deliciosas recetas sin gluten (Bienestar / Well Being) (Spanish Edition)

Bernarda Rossi

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Celiac disease is a disorder that presents serious health threats and requires specialized treatment. For an afflicted person, the consumption of wheat, oat, barley, or rye glutes causes the destruction or atrophy of villi in the small intestine, thereby preventing the absorption of vital nutrients. This book provides, in addition to a general overview of the condition, a number of delicious gluten-free recipes.

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