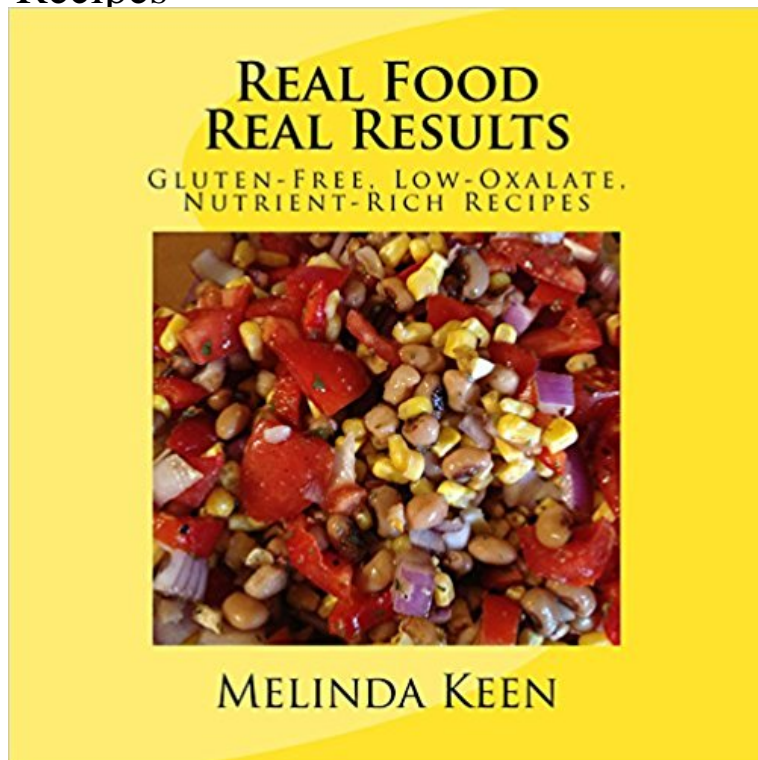


Real Food Real Results: Gluten-Free, Low-Oxalate, Nutrient-Rich Recipes



Optimal health, vibrant energy, and ideal weight can all be achieved with real food nutrition. Nutrition with real food is eating organic real foods and removing processed and refined foods as well as foods responsible for allergies and autoimmune disease. This holistic approach gives the body a chance to detoxify and reset health. Most of these recipes are high in key vitamins and minerals, high in protein, and high in fiber. Balanced nutrition and a wide variety of foods are vitally important to stay healthy. If you've been diagnosed with celiac disease, you have developed an immune reaction to gluten that damages the intestine and causes systemwide inflammation. Following a gluten-free diet will usually greatly improve and may even completely resolve celiac disease symptoms and prevent further problems. Gluten is often found to be added to foods and products; therefore eating unprocessed food is less of a challenge and much healthier than reading food labels. Many gluten-free alternatives, such as soy and nut flours, are high in oxalates. A high intake of oxalate rich foods is linked to stone deposits in organs and joints, autoimmune disorders, fibromyalgia, inflammation, and thyroid disease. A diagnosis of kidney stones comes with the recommendation to follow a low-oxalate diet. Small changes in diet make a huge impact on health. Avoiding harmful foods and replacing them with natural, unprocessed foods is crucial to good health. Most chronic illnesses experienced today can be prevented or reversed by utilizing the power of food as medicine.

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