

Download Gluten Free Soccer Diet Improve Your Nutrition To Perform Your Best Ever

Gluten-free Soccer Diet is the best book for any soccer player who is looking to be stronger, faster and fitter when performing. Your connection with food is the biggest influence for your long-term well-being. How a Gluten-Free Diet Can Be Harmful Written By Michael Greger M.D. FACLM on February 23rd, 2016 Until only a few years ago, almost the whole of the scientific world maintained that the wheat protein gluten would provoke negative effects only in people with rare conditions such as celiac disease or wheat allergies. This is because it is found in many common ingredients that are added to foods. These are the main sources of gluten in the diet: Wheat-based foods like wheat bran, wheat flour, spelt, durum, kamut and semolina. Barley. Rye. Triticale. Malt. Brewer's yeast. (food items that are not gluten free: bread, pudding, bran muffin, graham cracker), For this disease, eliminate gluten from diet, give vitamin (ADEK - fat soluble) supplements. Can have rice & corn.