



Is Wheat Killing You? (Paperback)

By Ishi Khosla

Penguin Books India Pvt Ltd, India, 2011. Paperback. Condition: New. Language: N/A. Brand New Book. Her latest book *Is Wheat Killing You?* will help not only the millions of people with gluten/wheat intolerance, also known as celiac disease, but all those who prefer to avoid wheat. With the alarming rise in the incidence of celiac disease, this book is a boon as it provides information on the disease and how to manage it without having to give up any favourite foods. Most people with celiac disease who follow a gluten-free diet have a complete and rapid recovery. This complete guide to gluten-free living is based on scientifically established principles of healthy eating and includes essential facts about a balanced diet that are of interest to all. The book features nearly 200 quick, easy-to-follow, practical and delicious recipes - pan-Indian, Oriental and Continental. Additionally, *Is Wheat Killing You?* integrates gluten-free cooking with mainstream cooking so those who cannot eat gluten can lead normal social lives. Ishi Khosla explains how grains can affect your health and profiles those at risk for gluten sensitivity.

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