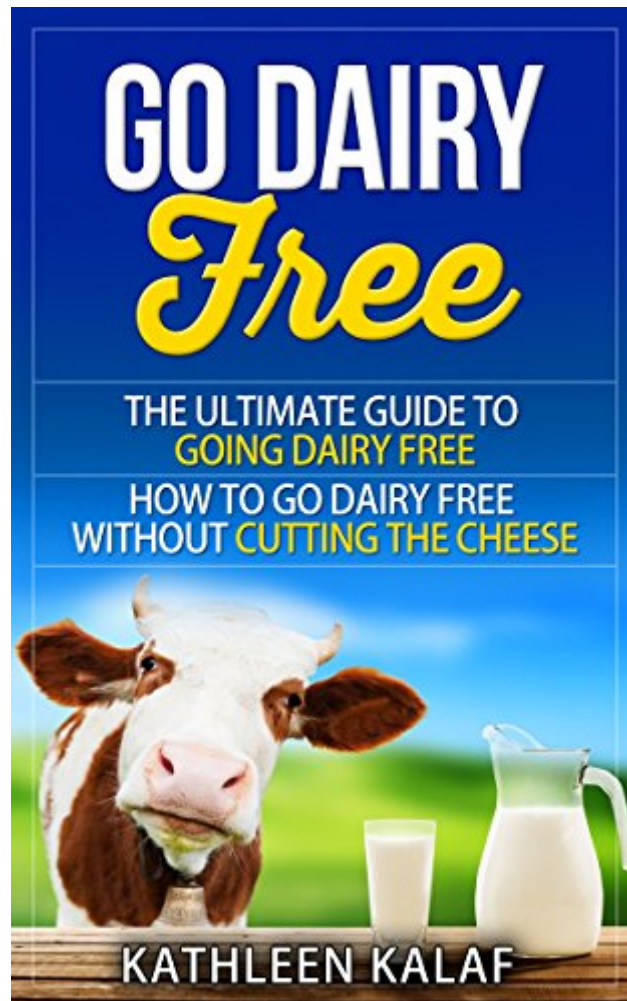# Go Dairy Free: The Ultimate Guide To Going Dairy Free-How To Go Dairy Free Without Cutting The Cheese

Synopsis

Are you thinking about going dairy free? Read it for free on Kindle Unlimited! Are you wondering why so many people are doing so? Why go dairy free? Learn all about going dairy free in an hour or less! In this book, you will discover the how's and why's of eliminating dairy from your diet, and how to do it with ease! Read on your PC, Mac, smart phone, tablet or Kindle device.Scores of people have found that within weeks of cutting out dairy from their diet, symptoms such as stress, nausea and anxiety have decreased. In fact these feelings have been replaced by better sleeping patterns, and increased energy levels. A dairy-free diet is increasingly becoming one of the most effective ways to dramatically improve your health. About 30 million American adults experience lactose intolerance symptoms including bloating, cramps, diarrhea, nausea and gas. Non-dairy milk products offer rich taste along with nutrients and fiber. A dairy- free diet is not only going to help you lose extra pounds, but it will also pave the way for other improvements to your health. I grew up drinking cowâ ™s milk and it was the only option I knew. Today, I know there are handful options for different types of milk. I used to drink glassful of milk while eating peanut butter and jelly sandwiches. My childhood memories about cowâ ™s milk are quite positive. But then with time things started to change. As I entered into my early twenties, I realized that cowâ ™s milk was making me sick. Every time I had a glass of cowâ ™s milk, I would cough, and there would be a mucous build up in my throat. I used to gag when I drank coffee with milk. I had no clue of what is happening or why it is happening. Later on, I learned that I had dairy sensitivities and I cut all dairy products. I am not an advocate of any specific diet as such, but I often receive the question â œWhy go dairy free?â • For me, the wakeup call came when I learned that I had some of my own health issues. It was at this time in my life that I eliminated all dairy from my diet, and so I am sharing my learnings with you!Here's a Preview of What You'll Learn IntroductionImportance of going dairy free Benefits of going dairy free Is it mandatory to have dairy milk? Dairy milk alternative Almond milk Preparing to go dairy free Restaurant guide for dairy free dining Eating fast food Staying healthy while dairy free Dairy free recipes Don't cut the cheeseConclusionKathleen Kalaf, the author, survived from a very serious health condition as a result of being over prescribed antibiotics and she nearly lost her life. She became involved in natural health and healing and she learned to heal herself. Now a serious health nut, she embraces natural healing whenever possible. She is a graduate of the Institute for Integrative Nutrition in New York City and a trained holistic health practitioner, and lives in Southern California.Tags:Dairy FreeLactose Free Lactose IntoleranceMilk AllergyLactose IntoleranceAllergy FreeDairy Free DietFood AllergiesPaleoPaleo DietPaleo for BeginnersPaleo CookbookPaleo RecipesPaleo DessertVegan CookbookVegan RecipesVegan

Cookbook for BeginnersVegan DietBecoming VeganVegetarianVegetarian Diet.

Book Information

File Size: 773 KB

Print Length: 35 pages

Publisher: Hopes Avenue Publishing (May 30, 2015)

Publication Date: May 30, 2015

Sold by: Â Digital Services LLC

Language: English

ASIN: B00YLPW5SU

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #408,805 Paid in Kindle Store (See Top 100 Paid in Kindle Store)   #13 inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Nutrition > Food Allergies   #121 inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Allergies   #122 inÂ Books > Health, Fitness & Dieting > Nutrition > Food Allergies

Customer Reviews

I have had various health problems for the past several years and never connected it to diet or lifestyle until very recently. Both a friend and a physician have suggested that I look at going dairy free and this is something that I have pretty much resisted - until now. Author Kathleen Kalaf has written a wonderful guide on going dairy free that not only details her own journey but gives the reader specific guidance on how to make this transition. From listing the benefits to dumping the dairy to giving great alternatives and some wonderful recipes, this is a must-read guide for anyone who wants to move away from the cow's milk for whatever reason. Well-written and easy to follow, I will continue to refer back to this one as I make these important changes.

First of all I loved the last line in the title "without cutting the cheese". That drew me in believing the author had a sense of humor!I have been doing a lot of research on health and eating healthy these days as my health has taken a toll. I need to lose about 60lbs and I wanted to do it without changing what I eat just cut back on calories. The problem is I am also disabled and cannot do much in the

way of exercising. Of course I was NOT losing any weight. I am determined to do this but scared on getting rid of foods that I love. This book was so informative and gave me the way to take it slow to get to my goal. I loved that part of the book most of all because that is the hardest thing to do. I also loved the different choices I will have to fit my needs the best. There are even some good recipes in this book to try that will keep my sweet tooth happy and still be healthy. I highly recommend this book. Thank You Kathleen Kalaf

Nice, short read with biased info on going dairy free. Provided details on vegan cheese, which I was most interested in.

Not super detailed, basic simple information to get started dairy free :-)

Download to continue reading...

Echo User Guide: Newbie to Expert in 1 Hour! How to Start a Business Analyst Career: The handbook to apply business analysis techniques, select requirements training, and explore job roles ... career (Business Analyst Career Guide) SQL: Learn SQL In A DAY! - The Ultimate Crash Course to Learning the Basics of SQL In No Time (SQL, SQL Course, SQL Development, SQL Books, SQL for Beginners) Sent Leader Guide: Delivering the Gift of Hope at Christmas (Sent Advent series) Hadoop: The Definitive Guide Learn to Write DAX: A practical guide to learning Power Pivot for Excel and Power BI MySQL Explained: Your Step-by-Step Guide The Definitive Guide to MongoDB: A complete guide to dealing with Big Data using MongoDB OCA/OCP Oracle Database 12c All-in-One Exam Guide (Exams 1Z0-061, 1Z0-062, & 1Z0-063) Programming For Beginner's Box Set: Learn HTML, HTML5 & CSS3, Java, PHP & MySQL, C# With the Ultimate Guides For Beginner's (Programming for Beginners in under 8 hours!) PHP: MYSQL 100 Tests, Answers & Explanations, Pass Final Exam, Job Interview Exam, Engineer Certification Exam, Examination, PHP programming, PHP in easy steps: A Beginner's Guide SQL: Beginner's Guide for Coding SQL (database programming, computer programming, how to program, sql for dummies, java, mysql, The Oracle, python, PHP, ... (HTML, Programming, Coding, CSS Book 7) Onward: Engaging the Culture without Losing the Gospel Messy Grace: How a Pastor with Gay Parents Learned to Love Others Without Sacrificing Conviction SQL: QuickStart Guide - The Simplified Beginner's Guide To SQL (SQL, SQL Server, Structured Query Language) PHP: MySQL in 8 Hours, For Beginners, Learn PHP MySQL Fast! A Smart Way to Learn PHP MySQL, Plain & Simple, Learn PHP MySQL Programming Language in Easy Steps, A Beginner's Guide, Start Coding Today! LEARN IN A DAY! DATA WAREHOUSING. Top Links and Resources for Learning Data Warehousing ONLINE and

OFFLINE: Use these FREE and PAID resources to Learn Data Warehousing in little to no time

Photoshop: Absolute Beginners Guide To Mastering Photoshop And Creating World Class Photos

Adobe Photoshop Lightroom CC / Lightroom 6 Book: The Complete Guide for Photographers, The

CTS-I Certified Technology Specialist-Installation Exam Guide