



# **The South Beach Diet Gluten Solution: The Delicious, Doctor-Designed, Gluten-Aware Plan for Losing Weight and Feeling Great--FAST!**

*Arthur Agatston, Natalie Geary*

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Today, supermarkets have entire aisles dedicated to gluten-free products, restaurants boast glutenfree dishes on their menus, and millions of people have cut gluten out of their diets in the hopes of boosting health and losing weight. But despite all the attention, gluten confusion still reigns.

The truth is, not everyone needs to give up gluten permanently?and doing so does not guarantee weight loss. In *The South Beach Diet Gluten Solution*, Dr. Arthur Agatston demystifies the effects of the difficult-to-digest protein in wheat and some other grains. With the book's phased Gluten Solution Program, based on proven South Beach Diet eating principles, readers will determine their own levels of gluten sensitivity?and they can drop up to 10 pounds in just 2 weeks. Readers will also find relief from gluten-induced health issues, including brain fog, mood swings, digestive disorders, joint pain, and skin problems.

What makes Dr. Agatston's approach unique is that he shows readers how to become gluten aware, not gluten phobic. With detailed daily meal plans, tips for traveling and dining out, inspiring stories, and 20 delicious recipes that sacrifice neither taste nor health, *The South Beach Diet Gluten Solution* gives readers everything they need to feel great, lose weight, and navigate the gluten-free world with ease.

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