



# Happy & Gluten Free - Lifestyle Guide: Fast Track to Happy Gluten Free Life & Healing of Gluten Intolerance

*Anne Peterson, Sifu William Lee*

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## **Happy & Gluten Free - Lifestyle Guide: Fast Track to Happy Gluten Free Life & Healing of Gluten Intolerance** Anne Peterson, Sifu William Lee

This practical guide contains probably most unique approach to Gluten intolerance lifestyle you can see around, due to very special co-authorship. Sifu William Lee's bestselling Amazon titles are assisting and healing thousands of people – this book will do the same. Anne Peterson on another hand, has the biggest qualification ever – being a mother of two children with developed gluten intolerance combined with her expertise in sector of Vegan and health food diet, makes her a 'real life' expert on the topics. Being a combined effort, this book is NOT meant for people looking after theory or statistics. It is loaded with very practical and effective solutions, information and tips - this book is created out from a need. COMBINED EFFORT: Having two children with developed gluten intolerance had forced Anne Peterson and her family to path of many tribulations - experimenting and searching out the best ways to live on a gluten free diet has become Ann's 'life mission'. As a passionate protagonist of healthy life and healthy (vegan) diet, in that effort, she probably had great advantage, if compared to someone without that experience. Nevertheless, new horizon's of living with and healing gluten intolerance opened as soon she came in contact with Sifu William Lee's books and teachings. HEALING from INSIDE OUT: Most people still consider the practices of Traditional Chinese Medicine (TCM) complicated. But, if you take a look on any of the books written by Sifu Lee, you will realize very different truth. While Anne Peterson contributes here with amazingly simple approach to gluten free life, Sifu Lee is going to surprise most probably most of the readers here by his contribution. Here is why; most people that suffer from Gluten intolerance or Celiac disease do not even dream about possibility of becoming healed and yet, TCM presents several disciplines with potency to neutralize these health disorder. In this book, Sifu explains the basic facts and provided you with practical way to learn a Qiqong meridian stretching routine trough a simple Video presentation. Regardless of who you are, if you are Gluten Intolerant (or you suspect that you may be), you need this guide. Anyone with open mind will be able to use this guide and benefit immensely from the tips, information, guidelines and practices presented within.

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