



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

Kathleen Kalaf

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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!

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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 In fact these feelings have been replaced by better sleeping patterns, and increased energy levels.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 cow'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 cow's milk are quite positive. But then with time things started to change. As I entered into my early twenties, I realized that cow's milk was making me sick. Every time I had a glass of cow'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 "Why go dairy free?" 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

- Introduction
- Importance 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 cheese
- Conclusion

Kathleen 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 Free

Lactose Free

Lactose Intolerance

Milk Allergy

Lactose Intolerance

Allergy Free

Dairy Free Diet

Food Allergies

Paleo

Paleo Diet

Paleo for Beginners

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Lila Smith:

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Earline Shepler:

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Samuel Lashley:

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