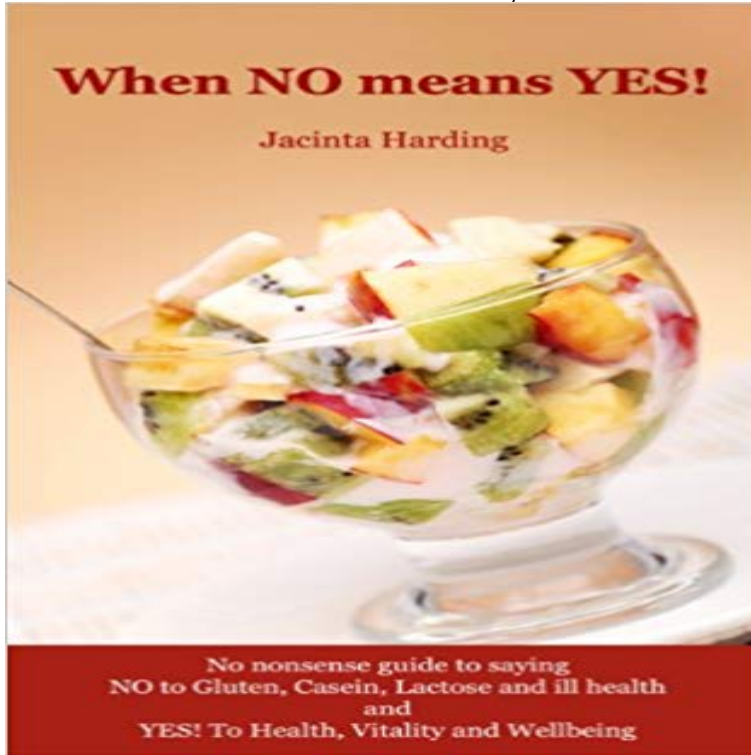


When No Means Yes: No nonsense guide to saying no to gluten, casein, lactose and ill health and yes to health, vitality and wellbeing



When No Means Yes: No nonsense guide to saying NO to Gluten, Casein, Lactose and ill health and YES! To Health, Vitality and Wellbeing is exactly that and more. Adapting or altering your diet can be very confusing and author Jacinta Callaghan helps you navigate through the variety of foods to include and what to avoid. Jacinta acknowledges that your ongoing health is a matter of priority, so whether you are looking to make a change for personal reasons or have been diagnosed with Coeliac disease, Lupus, Crohns, ASD or another condition, she makes gluten free, casein free and lactose free easy and manageable. With sections on gluten free, casein free and lactose free foods, as well as helpful hints and basic recipes, Jacinta can guide you through the often complicated and confusing process of changing your diet for the better. She also advises on the pitfalls and traps such as hidden ingredients, unsuspected sources and cross-contamination. When you say no to casein, lactose and gluten you are really saying yes to great health, vitality and a younger looking and younger feeling you.

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It has by no means been an easy journey so far and I have worked hard but the **Optimum Health Facebook Optimum Health Facebook** This review is from: When No Means Yes: No nonsense guide to saying no to gluten, casein, lactose and ill health and yes to health, vitality and wellbeing **jacinta, Author at Optimum Health Clinic** Apr 24, 2015 While they have some place in weight control, they do not focus on whether we are meeting our daily requirements of individual nutrients. and author of the eBook When No Means Yes: No nonsense guide to saying NO to Gluten, Casein, Lactose and ill health and YES! 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