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Dennis S. Lewiston

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A lifestyle that is healthy and promotes a good quality of life is important. As a parent, it is also one of the best gifts you can give to your children. Food is a necessity for our bodies to thrive but we live in a society where eating habits have moved in the wrong direction. A lack of time, a lack of information, and the availability of processed foods has resulted in obesity, increased health risks, and reduced lifespan. These negative outcomes can make life difficult due to reduced energy, not being as alert, and an array of potential health problems. If you are interested in making positive changes for yourself and for your household, consider the gluten free living option. You may be saying you are too busy for gluten free diet programs or that you will be limited in the foods you can buy. However, this doesn't have to be the case. There are plenty of recipes and variety that are easy to make. There are more restaurants and grocery stores today that offer gluten free options than in the past. This is a lifestyle change that you will find there is a great deal of support surrounding and that makes it possible to successfully incorporate.

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