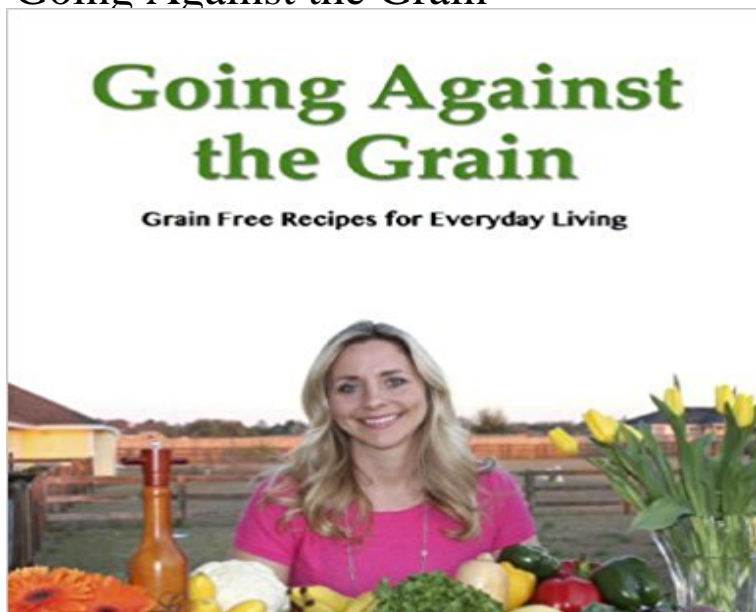


# Going Against the Grain



If you're interested in going grain free, gluten free, sugar free or even if you just want to watch your carbs, this cookbook is a great place to start. When people remove grains and sugar from their diet, they immediately feel limited in their choices. This cookbook is full of recipes to show you how many choices you really do have. Alana Gurley gives you great recipes to make meals out of real foods. Stop eating garbage and start eating food.

Pin It **GANODERMA BENEFITS, RED REISHI** Ganoderma Lucidum, Red Reishi, Mushroom Nutrition Ganoderma Lucidum, Red Reishi Mushroom The Exquisite Red Reishi Mushroom, Or Ganoderma Lucidum. It is known for its strength and its ability to give energy, vigor and vitality. Red Reishi or, Ling Zhi as it is known in China. The reishi / ganoderma are known as herbal mushrooms, and in Asia, they are also known as medicinal mushrooms. The ganoderma

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