



**A PLACE TO START WITHOUT SUGAR OR STARCH: Food Intolerance Causes and Solutions PLUS Sugar-Free, Starch-Free, Gluten-Free Recipes - Specifically Designed for the CSID Diet**

*Roanne L. King*

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# **A PLACE TO START WITHOUT SUGAR OR STARCH: Food Intolerance Causes and Solutions PLUS Sugar-Free, Starch-Free, Gluten-Free Recipes - Specifically Designed for the CSID Diet**

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A Place to Start Without Sugar or Starch offers a practical approach in layman's terms to parents, caregivers, dietitians and doctors facing the challenge of managing disaccharide intolerance (CSID). This book offers a place to begin managing a diet where carbohydrates are essential, yet limited by their source! From the causes, symptoms and solutions for managing food intolerance to foods lists, menus and recipes, this book is a valuable resource for anyone facing dietary limitations.

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