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By Samantha Welti

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Gluten (from Latin gluten, "glue") is a protein composite found in wheat and related grains, including barley and rye. Gluten gives elasticity to dough, helping it

<http://en.wikipedia.org/wiki/Gluten>

The Gluten Free Diet For Beginners Guide, Gluten free for beginners, and how to live the gluten free Samantha Welti.

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<http://www.108game.com/xo-vs-game>

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<http://time.com/3966978/gluten-free-diet/>

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<http://www.glutenfreeliving.com/>

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<http://www.webmd.com/digestive-disorders/celiac-disease/features/gluten-intolerance-against-grain>

A gluten-free diet is a diet that excludes gluten, a protein composite found in wheat and related grains, including barley and rye. Gluten causes health problems in

http://en.wikipedia.org/wiki/Gluten-free_diet

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- The Many Health Benefits Including: The Paleo Lifestyle is becoming extremely popular, Quick & Easy Nourishing Meals (Gluten-Free, Dairy-Free,

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<http://www.webmd.com/diet/healthy-kitchen-11/truth-about-gluten>

Full Definition of GLUTEN : a tenacious elastic protein substance especially of wheat flour that gives cohesiveness to dough glu ten ous \ gl t-n s, gl

<http://www.merriam-webster.com/dictionary/gluten>

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