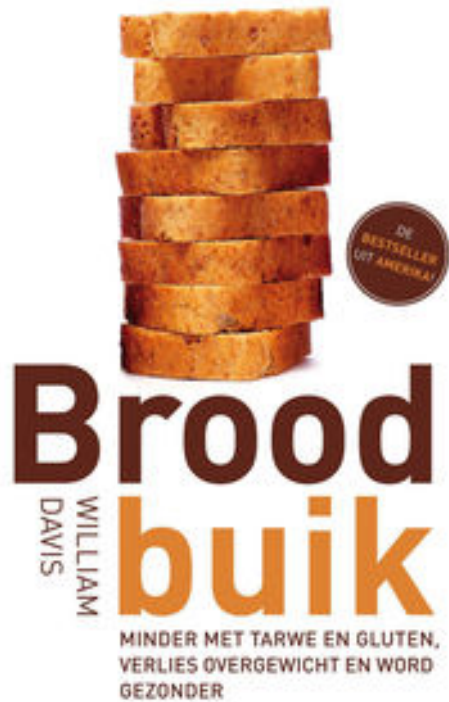


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Download online boek Nederlands Broodboek William Davis , De bestseller uit New York en nummer 6 op amazon.com. Zo ongezond zijn tarwe en gluten voor je! Steeds meer mensen zijn intolerant voor gluten, hebben een tarweallergie of coeliakie. Glutenvrije producten zijn gemakkelijk verkrijgbaar in de winkels. Maar hoe ongezond tarwe werkelijk is, ook voor iedereen die niet aan bovenstaande lijdt, is veel minder bekend. Als we minder tarwe nuttigen, vallen we niet alleen af, maar verdwijnen allerlei vage vermoeidheids- en buikklachten, kunnen we ontstekingen remmen en type 2 diabetes terugdringen. Het gevaar van tarwe is hét gezondheidsissue anno nu.

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