

# FREE! Nutrition Talk

WITH CLINICAL NUTRITIONIST AND AUTHOR DIANA ALLEN, MS, CNS

## GLUTEN SENSITIVITY & CELIAC DISEASE

Green Fields Market Meeting Room

**Tues. July 28 • 6:00-7:30 PM**

The gluten protein, naturally found in wheat, barley & rye, triggers gut inflammation in 35% or more of all people. Symptoms can range from mild/intense digestive discomfort to osteoporosis, anemia, joint pain & more.

**A GLUTEN-FREE DIET IS THE ONLY SOLUTION.  
Learn how to live gluten free, deliciously!**



FOR MORE INFO, CONTACT DIANA:

**413.205.6971 • [eat2evolve@gmail.com](mailto:eat2evolve@gmail.com)**

*Diana Allen, MS, CNS is a holistic health educator, writer & clinical nutritionist in private practice at MONTAGUE INTEGRATIVE HEALTH where her specialties include detox and weight loss, eating disorders, gluten & food sensitivities, traditional whole food diets and raw/living food nutrition.*

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