



OVERCOME EVIL WITH GOOD RECIPES

(more than just a cookbook)

Jim Castleman MSPT CNC

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For us, Celiac disease has been a curse turned into a blessing. If we had not been willing to change, and go against “status quo”, we would not have the blessings we now have. We thank God for the strength to be “peculiar”. We feel so spoiled, how can we keep this goodness all to ourselves. This book includes highly informative commentary with suggestions for practicing a natural holistic healthy lifestyle. First you will find some simple education on gluten free, then on natural health and it’s relationship to disease. You will find over 200 simple to prepare but fantastic recipes for complete meals for anyone who needs a gluten free diet or desires to prepare nutritious and delicious whole foods. The last section contains herbal and body care recipes, food preservation, organic gardening tips, and resources. Whether you choose to improve your health or to replace processed foods in your diet or not, we hope this book can enable you to at least replace some of the evil with good. But most importantly we desire to create a greater hunger for the true Bread of life, Jesus Christ, and to give Him glory. “Do not be overcome by evil, but overcome evil with good.” Romans 12:21 (NKJV).

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