

**PLANET LACTOSE: THE BEST OF THE PLANET
LACTOSE BLOG, VOLUME 1**

Belle Hodgkin

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The Many Worlds of Steve Carper

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Smashwords - Planet Lactose: The Best of the Planet Lactose Blog, volume 1 - a book by Steve Carper

This collection of the Best from the Planet Lactose Blog is a compact source of knowledge about living dairy free, from the basics to the totally unexpected.

Planet Lactose: The Best of the Planet Lactose Blog - Go Dairy Free

Steve Carper is the Internet's leading expert on lactose intolerance. He learned he was lactose intolerant back in when the condition was.

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Glutenisfoundinwheat,barley,rye,andpossiblyoatsandshouldbeavoided

if people send me news updates to what I've already posted about I pay attention. Unfortunately, like everyone else online, spam is a problem so I moderate the comments and have to approve them before they appear.