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Erica kerwien (author of cooking for the specific

Erica Kerwien is the author of **Cooking for the Specific Carbohydrate Diet** (4.40 avg rating, 5 ratings, 2 reviews, published 2013), **The Healthy Coconut Fl**
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Please welcome guest blogger and author, Erica Kerwien, to share with us a recipe from her book, Cooking for the Specific Carbohydrate Diet: Over 100 Easy, Healthy

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Specific carbohydrate diet: diet review

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