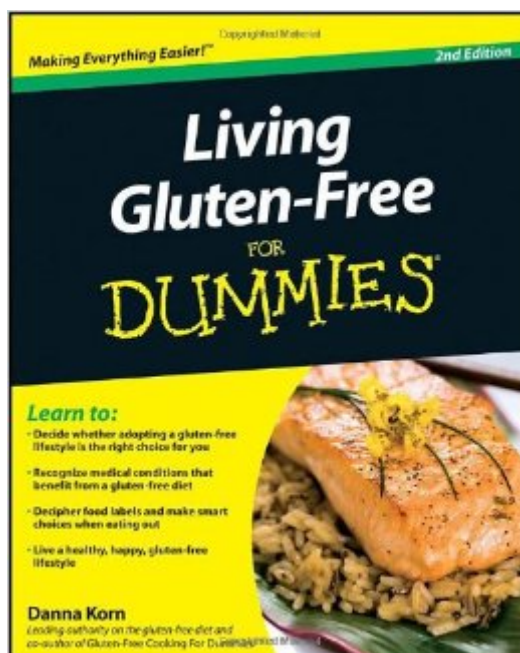


The book was found

Living Gluten-Free For Dummies



Synopsis

Practical, delicious ways to manage a gluten-free diet If you have a wheat allergy, gluten intolerance, celiac disease, or you just want to enjoy the benefits of a diet free of wheat, barley, and rye, then this guide is for you. Trusted author Danna Korn explains the medical problems associated with gluten and shows you step by step how to make the transition to a gluten-free lifestyle - and love it! With 25% new and revised content, this easy-to-understand reference includes coverage of the most recent testing methods, an updated section on the link between a gluten-free diet and improving behaviors in the autistic, new information about the genetics of celiac disease, expanded coverage on the gluten-free certification process, increased nutritional information, and updated recipes and resources. 65 delicious recipes plus tips on eating out Guidance on how to shop and decipher food labels Advice on how to raise happy gluten-free kids Covering the practical, medical, and emotional aspects of the lifestyle, *Living Gluten-Free For Dummies*, 2nd Edition offers hope and inspiration as you make the switch to a life free of gluten.

Book Information

Paperback: 384 pages

Publisher: For Dummies; 2 edition (June 1, 2010)

Language: English

ISBN-10: 0470585897

ISBN-13: 978-0470585894

Product Dimensions: 7.4 x 0.7 x 9.3 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars Â Â See all reviewsÂ (198 customer reviews)

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Customer Reviews

I've had a recent diagnosis of Gluten Intolerance and I was looking for a good book to teach me what I need to know to avoid wheat. I was completely overwhelmed with all the choices of books on "Gluten Free" living. However, having had excellent luck with other "Dummies" Books, I decided to get this one. I am SO glad I did! This book is totally comprehensive. It covers everything from getting the diagnosis to recognizing covert gluten ingredients to how to change your favorite recipes to

make them gluten free and so much more. I expected to need to buy another book or two after this one to get a complete education on gluten free living, but now I don't need to - this book really taught me everything I needed to know. It is kind of scary to find out you have to stop eating wheat for the rest of your life - it can seem so overwhelming because wheat feels like it is in EVERYTHING at times. This book broke it down and made the lifestyle MUCH more manageable for me. She also has a really good chapter on dealing with negative feelings regarding this kind of diagnosis. I have not dealt with the negative feelings she describes [my health has improved SO vastly that I can honestly say I don't miss wheat at all!], but I think that chapter would be incredibly helpful for people who ARE struggling with their diagnosis. The other thing I loved about this book is that it is so readable. The author is a great writer - she is witty, she includes little anecdotes from her life to help you understand what she's teaching, and the book is really entertaining to read. I was very afraid that it might be dry and "medical text book" type reading, but it is not at all. It is a fun, enjoyable read.

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