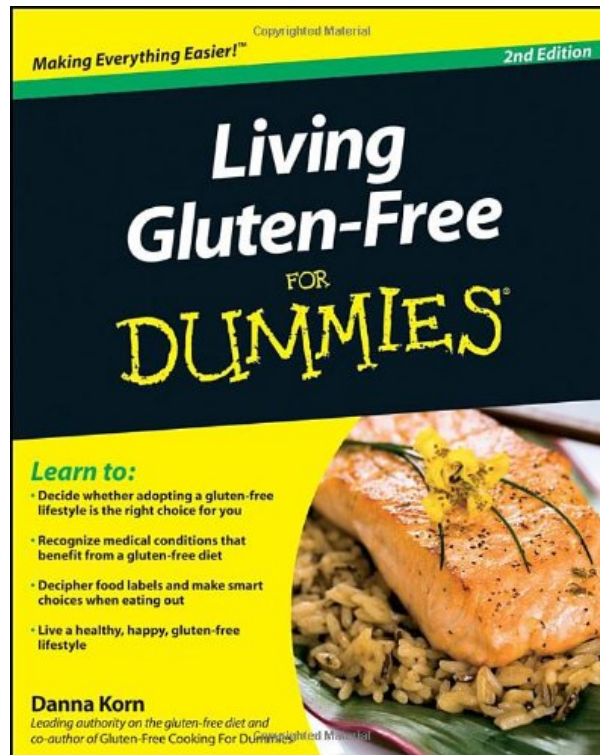
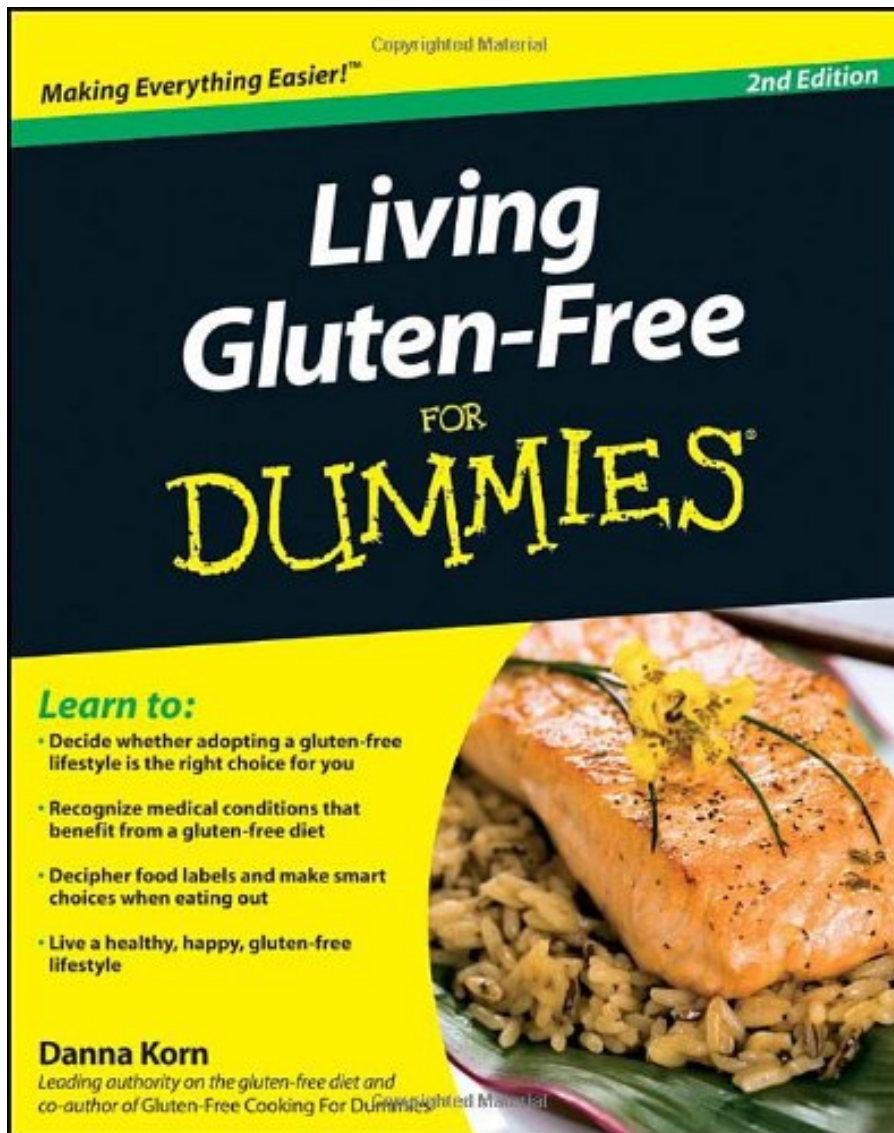


LIVING GLUTEN-FREE FOR DUMMIES BY DANNA KORN



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From the Back Cover

Practical, delicious ways to manage a gluten-free diet

If you have a wheat allergy, gluten intolerance, celiac disease, an autistic child, or you just want to enjoy the benefits of a diet free of wheat, barley, and rye, then this guide is for you. You'll get trusted, authoritative explanations of the medical problems associated with gluten and clear guidance on how to make the transition to a gluten-free lifestyle — and love it!

- Go gluten-free — get a handle on the whos, whats, whys, and hows of going gluten-free (and the many medical benefits of a gluten-free lifestyle)
- Connect the dots — discover the fascinating connections between gluten, autism, and behavioral disorders
- Speak Glutenese — learn how to decipher label lingo and know what to look for (and what to avoid) when shopping for food
- Make it nutritious (and delicious) — follow recipes for making family-pleasing gluten-free meals, from enticing entrees to sensational sides and everything in between
- Get out and about — get practical tips and guidance on keeping a gluten-free diet whether you're eating out or on the go

Open the book and find:

- How to adapt your perspective on food
- The connection between autism, behavior, and gluten
- Good carbs vs. bad carbs
- The truth about whole grains
- How to shop for and stock your pantry with gluten-free foods
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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.

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Most helpful customer reviews

43 of 44 people found the following review helpful.

Outstanding! I'm So Glad This Was The Book I Bought!

By Kelly

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.

I have already loaned out my copy of this to one gluten intolerant friend and I've purchased a second copy and given it to another friend who was recently diagnosed with Celiac. From now on, this book will be my go-to gift for all friends dealing with any gluten related illness. It is so helpful!

Thank you for writing this book Ms. Korn! You have helped me and my family so incredibly much!

95 of 96 people found the following review helpful.

The ultimate GF guide

By Bryan T. Van Noy

Don't let the "For Dummies" moniker fool you. Typically, you find so much mis-information online and in other published books relating to gluten-free advice, it's refreshing to read such a well-researched, vibrant, accurate, and, dare I say, inspiring game plan for embarking on a lifelong gluten-free journey. No stone is left unturned, and many myths are dispelled - with an ample dose of wit and humor.

Most gluten-free books are clinical, boring, and dry. This one is fun, whimsical, positive, and energetic. You feel like the author is truly optimistic about the gluten-free diet being the key to optimal health. No gf book I've read paints such an accurate, in-depth and rosy picture.

8 of 8 people found the following review helpful.

Great book. Lots of good information for gluten intolerance.

By Roxanne

I checked the Gluten free cooking for dummies out at the library and was writing useful information down from it and recipes I wanted to try. I had so much I found useful I decided to try amazon to see if it would be cheap enough to just buy. Was pleasantly surprised to find several other gluten free dummy books. I haven't had a chance to look through the others, but know it was money worth spending to have these as references as well as cook books. Liked this a lot better than the complete idiots guide books since there is more reading on being gluten free and the recipes seemed better to me:)

See all 212 customer reviews...

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Once again, reviewing practice will constantly give useful benefits for you. You may not should invest often times to read guide Living Gluten-Free For Dummies By Danna Korn Merely allotted numerous times in our spare or leisure times while having meal or in your workplace to check out. This Living Gluten-Free For Dummies By Danna Korn will certainly reveal you brand-new point that you can do now. It will aid you to boost the top quality of your life. Event it is merely a fun publication **Living Gluten-Free For Dummies By Danna Korn**, you can be happier as well as much more fun to delight in reading.

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