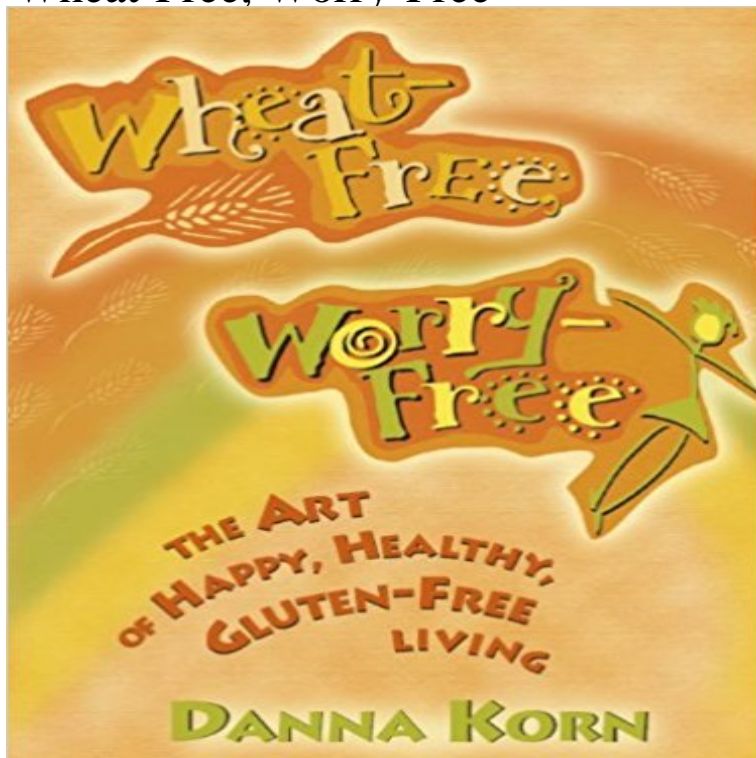


Wheat-Free, Worry-Free



This is a practical, comprehensive, and inspirational guide to living a wheat-free, gluten-free lifestyle. Millions of people are choosing to eliminate wheat and gluten from their diets because of medical conditions such as celiac disease (sprue), gluten intolerance, wheat allergies, and autoimmune disorders. Others believe that dietary intervention programs are effective in reducing or eliminating behaviors associated with autism, ADD, ADHD, and related syndromes. And yet still others are eliminating wheat or gluten from their diets for personal reasons. Wheat-Free, Worry-Free answers the many questions that people have concerning the unique challenges faced by people on a wheat-free or gluten-free diet. It helps take the fear out of eating, and teaches and encourages people to deal with the wheat-free or gluten-free lifestyle in an optimistic yet realistic manner. Loaded with practical tips, recipes, menu suggestions, and ideas for traveling and eating out, it also delves into emotional issues and psychological implications of the dietary restrictions. This book includes extensive research on several medical conditions that require a wheat-free or gluten-free lifestyle, as well as in-depth nutritional information, and a comprehensive, up-to-date Products and Services Guide that lists contact information for hundreds of companies providing products and services for people on a wheat-free or gluten-free diet. With a humorous, easy-to-read style, Wheat-Free, Worry-Free is a single source of information for anyone interested in leading a happy, healthy gluten-free life.

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