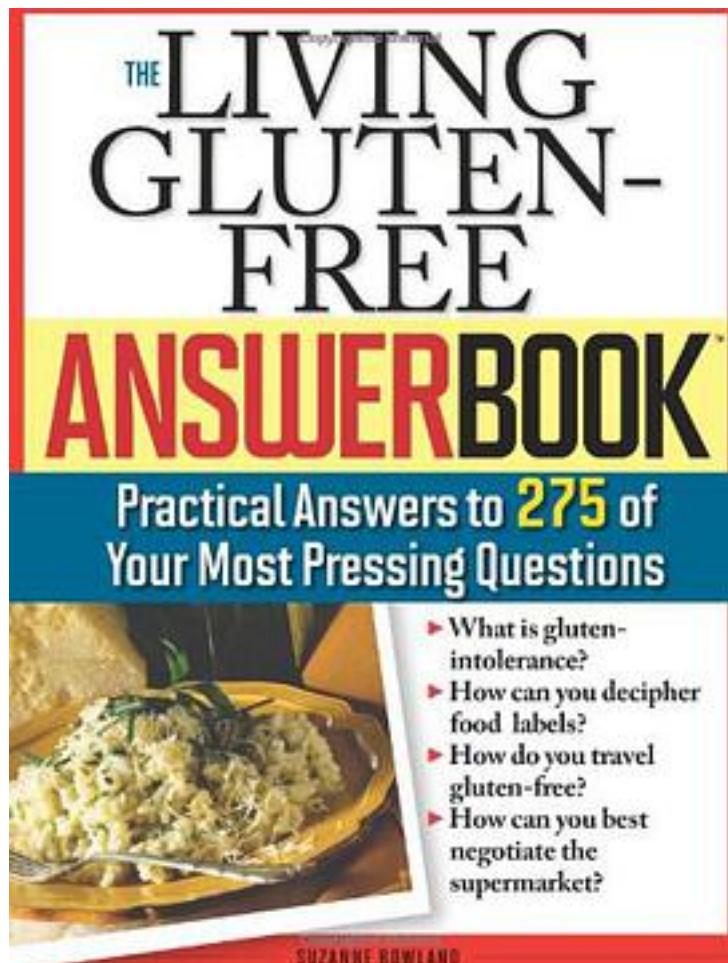


Living Gluten-free Answer Book



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Celiac Disease, the inability to digest the protein gluten found in certain grains such as wheat, is estimated to affect 1 in 133 Americans, and non-celiac glutensensitivity is also

a widely undiagnosed condition potentially affecting millions more. Written by a gluten-free expert who's been living the lifestyle for over six years, The Living Gluten-Free Answer Book helps these individuals find a healthy, happy, glutenfree life. Author Suzanne Bowland breaks down all you need to know about gluten and gluten-free living, offering detailed guidance on questions such as: -What is Celiac disease and gluten intolerance?-What is your level of gluten-intolerance?-What can't you eat?-How can you decipher food labels and medications?-What are some strategies for eating gluten-free at restaurants? Written in an easy-to-read QandA format that discusses pitfalls and provides solutions, The Living Gluten-Free Answer Book will become a must-have reference for every person dealing with gluten intolerance.

作者介绍:

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