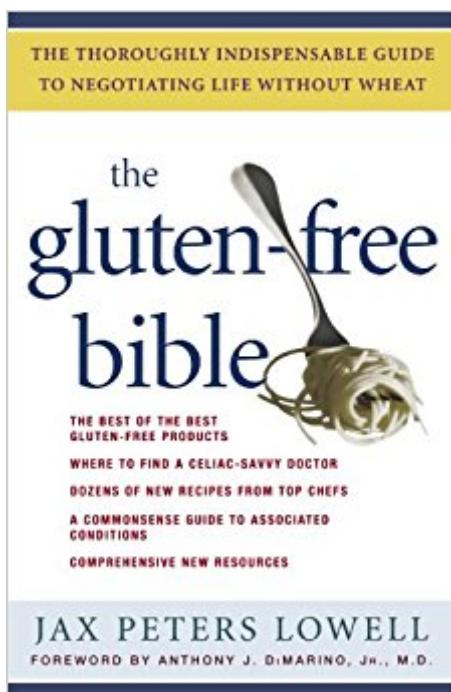


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# The Gluten-Free Bible: The Thoroughly Indispensable Guide To Negotiating Life Without Wheat



## Synopsis

The definitive guide to the gluten-free lifestyle, completely revised and updated for the 2.2 million Americans with celiac disease. According to a landmark 2003 National Institutes of Health study, 2.2 million Americans suffer from celiac disease, an allergy to the protein gluten found in wheat. Since this book was first published in 1995 (as *Against the Grain*), Jax Peters Lowell has been helping celiacs follow a gluten-free diet with creativity, resourcefulness, and humor. This edition includes chapters covering- the latest research into celiac disease, and myths that have been debunked- how to eat out happily, including a short course in restaurant assertiveness training- how to eat in happily, including a discussion of online and mail order suppliers and negotiating the supermarket as a celiac- dozens of delicious new recipes- drugs, cosmetics, and other products tested for celiac-safety- a thoroughly updated resource section. Tens of thousands of celiacs have already enhanced their lives with Lowell's authoritative, witty, and practical guide. The *Gluten-free Bible* promises to bring relief to the new gluten-intolerant generation.

## Book Information

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## Customer Reviews

“The definitive guide to coping with wheat allergy and celiac disease....the author has left no resource untapped.” *Science News* “Lowell covers every aspect of living wheat and gluten free.” *The New York Times* “Be forewarned: This book is addictive. Jax inspires, educates, entertains. You'll laugh, you'll learn, you'll discover the abundant life that can be yours -- gluten-free.” *Peggy Wagener, Publisher, Living Without*

magazine" [This book] will bring tears of joy... It is a treasure and a must for every celiac's library." • "Elaine Monarch, Executive Director of the Celiac Disease Foundation" "With her trademark cheekiness and deep-hearted wisdom, Jax Lowell serves up another celiac classic." • "Diane Eve Paley, President, Celiac Society of America" "I have never read an allergy book that I could say had a heart, but this one does." • "Jim Burns, Food Editor, Los Angeles Times syndicate" "Aren't we lucky this talented writer is one of us!" • "Alice Bast, Executive Director, National Foundation for Celiac Awareness" "Jax Lowell proves it's possible to live and eat happily ever after." • "Connie Sarros, The Wheat-Free, Gluten-Free Cookbooks" "Lowell has succeeded in creating a work that will inspire the patient, dietician, and doctor--RUN, don't walk, to pick up your copy!" • "A. Myron Falchuk, M.D., Associate Professor of Medicine at Harvard Medical School" "...Just what the doctor ordered." • "Alessio Fasano, M.D., Center for Celiac Research" "A lot of attitude and a terrific sense of humor." • "New York Daily News" "A book that nurtures as it advises." • "Better Homes & Gardens, Cooks' Catalog

Jax Peters Lowell has been a diagnosed celiac-and gluten- free-since 1981. A lifestyle expert, advocate, and contributing editor to *Living Without* magazine, Lowell lives in Philadelphia with her husband and bread machine.

I was diagnosed with Celiac Disease several years ago and told that I must not eat even the slightest amount of gluten. So - No flour right? Bread, cereal, right? Right. And hundreds of other things that one would never associate with flour but that in fact have "a bit of flour" in them to stiffen, dust, encrust, or whatever the main deal was. My wife went into action, and by great serendipity was pointed to Jax Peters Lowell's *Gluten Free Bible*. It quickly became apparent that the book, in addition to great humor, the book contains the most extraordinary breadth and depth of information on what might have gluten in it (down to particular brands of a range of condiments and packages sauces), where to get expert medical advice, statements in many, many languages to show to people whose language you do not speak, who do not speak yours - and are in a position where they must be made aware that you cannot eat gluten. It has guided our eating at home and away for all the days since we first bought it. Several weeks ago a dear friend and colleague of my wife's, also unable to eat gluten, sent home a loaf of gluten free bread for me. I returned the favor with *The Gluten Free Bible*. We saw the colleague for dinner last Wednesday. She was ecstatic about the

book.

This book contains essential information for the person with Celiac Disease or Gluten Intolerance. You will find dozens of new recipes from top chefs! "Lowell discusses the intricacies of shopping, traveling, eating out happily, dining in safely, buying cosmetics, negotiating prescription drugs, and parenting as or for a celiac." The Gluten-Free Bible presents new research and the latest theories from experts. Lowell writes with a sense of humor, describes common gluten-free experiences, and guides us to gluten-free solutions with encouraging words. The Gluten-Free Bible is a must read for anyone with a gluten-free lifestyle! I guarantee you will be enlightened and entertained!

I ordered two of these books. One for my daughter and one for me. I have really enjoyed reading this book so far. My daughter has a gluten allergy and we are pretty sure I do too. I have learned a lot so far about this allergy and how to manage it and I have only just started reading it. I like the fact it has suggestions of places you can buy your food and products so you can make your own food if you want to and where most people like to shop and what products they find especially good. It's hard to find someone to help you through this process when you have been diagnosed with a gluten allergy. Thanks and will recommend this book to many other people.

Six years ago this book identified the only celiac specialist (then) in St. Louis which led to me being properly diagnosed at age 60. This book has proved invaluable in so many ways. Because I travel internationally a lot, and am foreign language challenged, it could prove difficult to communicate my gluten free needs. However, there is a section in this book that does just that succinctly, in several foreign languages. I photo copy whichever one I need and laminate one to include in my passport case. And a couple paper copies for my day tote, my wallet, my coin purse, my jacket pocket, etc.. So handy.

My Mother who has Celiac/Gluten disease loves this book. She only wishes she had more than skimmed it earlier. Now that she is reading it in more detail she is finding a great deal of wonderful information. She is now sharing this copy I ordered with a friend of hers. Her daughter also has Celiac/Gluten Disease and we wanted to share this book for them as well.

This book changed my life. It taught me to advocate for myself and validated the difficulty of the diet. I was diagnosed through a family screening with no noticeable symptoms and was totally

bewildered. While not great for specific medical advice (and now dated in that regard), this book was invaluable on my road to dealing with the dramatic change celiac brought to my life. Highly recommended.

Celiac disease is the root of possibly 300 diseases. Approx 50% of caucasian and 80% of black population have it. You don't need expensive tests to find out. Just follow the book and eliminate all gluten from your diet for at least 3 weeks. And see how you feel. It took 3 days for my blood pressure to normalize. And I thought I was eating properly. Anyone with 2 or more chronic diseases should try this. It will increase your wellness!

This was sent as a gift to a brand new Army bride. The original order was lost. When I notified it did not arrive, they made sure that the book was resent and it arrived at its destination the very next afternoon. Thank you so much for your attention!!

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