



The Complete Guide to Living Well Gluten-Free: Everything You Need to Know to Go from Surviving to Thriving

Beth Hillson

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Going gluten-free? Go here first.

Whether you've been diagnosed with a gluten-related condition or you're just striving for a healthier diet, you know that adopting a gluten-free lifestyle is easier said than done. Beth Hillson, president of the American Celiac Disease Association, was diagnosed forty years ago, and she knows these challenges firsthand. For decades, she has been a guru in the gluten-free community, answering questions about everything from diagnosis to food to lifestyle. Now, Beth combines her personal expertise with the latest research to offer:

Essential info on celiac disease, gluten sensitivity, wheat allergy, and other gluten-related disorders

Advice on choosing a doctor, getting tested, and exploring treatment options

The basics of the GF diet, including setting up a safe kitchen and simple recipes

Guidance on living as a blended-diet family and raising gluten-free kids

Frank answers to personal questions on topics from "gluten smooching" to gas

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Anna Chew:

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Delores Villarreal:

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