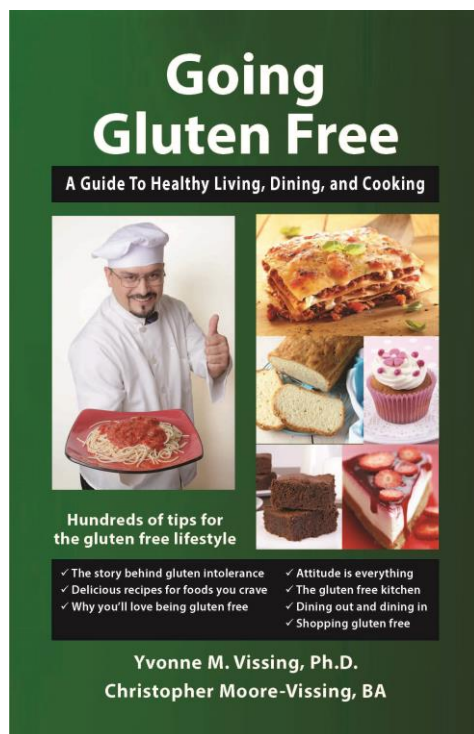


Going Gluten Free

A Guide to Healthy Living, Dining, and Cooking



“This book should be in the kitchen of everyone who has gluten issues.”

Hundreds of ideas for the gluten free lifestyle

- The story behind gluten intolerance
- Delicious recipes for foods you crave
- Why you'll love being gluten free
- Attitude is everything
- Dining out and dining in
- Shopping gluten free

“Going Gluten Free is an outstanding resource, with magnificent tips on how to shop, cook, and enjoy healthy foods when living gluten free. Yvonne and Chris Vissing have lived it, and we are grateful they took time to write this book and share what they've learned.”

--Douglas MacKay, N.D.
Senior Vice President, Scientific and Regulatory Affairs
Council for Responsible Nutrition



“A sophisticated and modern resource for the gluten free lifestyle”

--Daniel Leffler, MD,

about the book

Going Gluten Free is the perfect guidebook for people with celiac disease, gluten intolerance, or anyone who wants to enjoy the benefits of a gluten free lifestyle.

Inside this book:

Why attitude is everything. The biggest obstacles to gluten free living occur not in the kitchen, but in the brain.

The story behind gluten, including the history of gluten, symptoms of gluten-related disorders, and how dietary changes can renew your life.

A guide for eating out in restaurants, fast food chains, and other venues.

How to shop and avoid bad-tasting gluten free products that cost too much.

Delicious recipes, so you can enjoy the food you love. Learn how almost any recipe can be changed to gluten free.

Tips for restaurant managers on properly serve customers, training staff, and obtaining gluten free certifications.

You'll see how living gluten free can be easy, affordable, and delicious. You will love the food, love your new life, and love going gluten free.

the audience

People who are curious about gluten and wonder if they have gluten intolerance; people with celiac disease; people who care about someone who's on a gluten free diet; and anyone who wants to enjoy the benefits of a gluten free lifestyle will love this book.



about the authors

Yvonne Vissing, Ph.D. is Professor of Sociology at Salem State University in Vermont and is the founding director of the university's Center for Childhood and Youth Studies. A former National Institute of Mental Health Post-Doctoral Research

Fellow and medical sociologist, she focuses on mind-body-society interrelationships.



Christopher Moore-Vissing, B.A. is an independent filmmaker in New Hampshire. In addition to his love of film, his passions also include history, mental health, trivia, social media, and his old English bulldog, Magnus.

The impact of celiac disease and gluten intolerance

“You only have to diagnose one person with celiac disease to understand how significant this disorder is for patients, families, and their social circles. For decades the medical community underestimated the impact of a gluten free diet on the lives of people and families who live with celiac disease. And because this was a rare diagnosis, for the most part people struggled alone.

During the last few years, the United States has seen an explosion of progress in all facets of celiac disease, including scientific research, improved diagnosis, sophisticated patient support structures, and a gluten free section in virtually every supermarket. Yet, if anything, this increased awareness and understanding of celiac disease makes it increasingly clear how far we still have to go.

People with celiac disease still have frequent, ongoing, or intermittent symptoms, usually (but not always) related to inadvertent gluten exposure. For many adults the intestine fails to fully recover, and when healing does occur, it generally takes years. Extra-intestinal manifestations of celiac disease, including osteoporosis and neurological disorders, continue to be frequent and are often missed.

Finally, despite all the increased support and gluten free resources, patients with celiac disease still rate the difficulty of treatment higher than almost any other common medical disorder. Sophisticated and modern resources such as *Going Gluten Free* are valuable aids in sustaining a healthy gluten free lifestyle.”

Daniel Leffler, MD, MS
Director of Clinical Research
The Celiac Center at BIDMC
Director of Quality Improvement
Division of Gastroenterology
Beth Israel Deaconess Medical Center
Author of *Real Life With Celiac Disease*



“A study using frozen blood samples taken from Air Force recruits 50 years ago has found that intolerance of wheat gluten, a debilitating digestive condition, is four times more common today than in the 1950s.

The findings contradict the conventional wisdom that the sharp increase in diagnoses of wheat gluten intolerance has come about because of greater awareness and detection. It now seems likely that dramatic changes in the American diet have played a role.

According to statistics from the University of Chicago Celiac Disease Center, an average of one out of every 133 otherwise healthy people in the United States suffers from the digestive disease known as celiac disease (CD). Previous studies have found that this number may be as high as 1 in 33 in at-risk populations.”

Joseph Mercola, DO
Fellow at the American College of Nutrition

praise for *Going Gluten Free*

Going Gluten Free is an outstanding resource, with magnificent tips on how to shop, cook, and enjoy healthy foods when living gluten free. Yvonne and Chris have lived it, and we are grateful they took time to write this book and share what they've learned.

Douglas 'Duffy' MacKay, N.D.

Senior Vice President, Scientific and Regulatory Affairs
Council for Responsible Nutrition www.crnusa.org

Going Gluten Free is a thorough, practical primer on how to transition away from gluten in a safe and healthy manner. The gluten free diet presented in these pages is accurate and could also be called the gluten free lifestyle, because it covers so much more than food. This book covers how to set up your kitchen, safely dine out, travel, and enjoy a symptom free life. Yvonne and Chris Vissing discuss all that, plus delicious recipes to get you started on the road to recovery.

Christine Doherty, N.D.
New Hampshire
www.pointnatural.com

A sophisticated and modern resource, *Going Gluten Free* is a valuable aid to sustaining a healthy gluten free lifestyle.

Daniel Leffler, MD, MS
Director of Clinical Research
The Celiac Center at BIDMC,
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Going Gluten Free should be in the kitchen of anyone who has celiac disease. Vissing has done a remarkable job of collecting information most helpful to celiac patients, from diagnosis to eating out and setting up your gluten free kitchen. Readers will find this book is comprehensive, easy to read, and the recipes sound delicious. I look forward to recommending this book to my patients.

Maria Larkin, M.Ed, RDN, LD, Better Gut Better Health
Nutrition Counseling Services
<http://www.bettergutbetterhealth.com/>

Yvonne Vissing's book *Going Gluten Free* is a must have for anyone newly diagnosed with gluten intolerance and for readers who want to eat, and feel, better. The book covers all aspects of celiac disease and the gluten free diet, including detailed information about dining out, shopping, cooking, health tips, and great gluten-free recipes.

-Scott Adams, Celiac.com

Authors: Yvonne Vissing, Ph. D.
Christopher Moore-Vissing, B.A.

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www.norlightspress.com

Returnable? Yes

Overview: A resource for gluten free dining, cooking, shopping, recipes, and lifestyle.