



Gluten-Free Resources

Books:

Gluten Free Diet: A Comprehensive Guide by Shelly Case
<http://www.glutenfreediet.ca/>

The Gluten Free Nutrition Guide, by Tricia Thompson
<http://glutenfreedietitian.com>

Real Life with Celiac Disease by Melinda Dennis
<http://www.deletethewheat.com/>

Triumph Dining Guides and Cards
<http://triumphdining.com/>

All are available on Amazon

Good sources of reliable information:

National Institutes of Health <http://www.celiac.nih.gov/>

Gluten Intolerance Group <http://www.gluten.net/>

University of Chicago Disease Center <http://www.celiacdisease.net/>

University of Maryland Center for Celiac Disease <http://medschool.umaryland.edu/celiac/>

Celiac Disease and Gluten-Free Diet Videos

www.harriswholehealth.com/celiac-disease-video-project or <http://bitly.com/mqo64e>
Free newsletters & more

Find your local support group, or start one!

Celiac Sprue Association <http://csaceliacs.org/>

Celiac Disease Foundation <http://celiacdiseasefoundation.org/>

Gluten Intolerance Group <http://www.gluten.net/>

ROCK Groups (Raising Our Celiac Kids) <http://www.CeliacKids.com>

Wilde for Health, Beth Wilde, Holistic Health Coach, 1420 Cypress Creek Rd, Suite 200-145, Cedar Park, TX 78613, Direct: (512) 423-6566, Email: Beth@WildeforHealth.com, Website: www.wildeforhealth.com

Wonderful Gluten-Free Food Blogs

Book of Yum <http://www.bookofyum.com/blog/>

Elana's Pantry <http://www.elanaspantry.com/>

Ginger Lemon Girl <http://www.gingerlemongirl.blogspot.com/>

Gluten Free Girl <http://glutenfreegirl.com/>

Gluten Free Easily <http://glutenfreeeasily.com/>

Gluten Free For Good <http://www.glutenfreeforgood.com/blog/>

Gluten Free Goddess <http://glutenfreegoddess.blogspot.com/>

Lexie's Kitchen <http://www.lexieskitchen.com/>

Simply Sugar and Gluten Free <http://www.simplysugarandglutenfree.com/>

The Daily Dietribe <http://www.thedailydietribe.com/>

The WHOLE Gang <http://www.thewholegang.org>

Whole Life Nutrition <http://www.nourishingmeals.com/>