

Books, Magazines & Other Guides

www.charlotte-celiac-connection.org

There are many books and other resources available to help us navigate through the gluten-free life. Whether you need information on celiac disease, traveling or cooking, a book, magazine or guide has probably been written.

Medical Resources

Celiac Disease: A Hidden Epidemic

First book written by a celiac medical expert!

By: **Peter H.R. Green, MD** and Rory Jones
www.amazon.com

Against the Grain

By: Jax Peters Lowell

The Official Patient's Sourcebook on Celiac Disease: A Revised and Updated Directory for the Internet Age

By: James N. Parker MD and Philip M. Parker Ph.D.

Celiac Disease Nutrition Guide

By: Tricia Thompson and Merri Lou Dobler

Dangerous Grains

By: James Braly, MD and Ron Hoggan MA

Food Allergy Field Guide

By: Theresa Willingham

Gluten-Free Diet

By: Shelley Case, Dietitian

The Gluten-Free Bible

By: Jax Peters Lowell

Magazines & Newsletters

Bob & Ruth's Gluten-Free Dining & Travel Club - Quarterly Newsletter

(with membership)
www.bobandruths.com

Celiac Disease Foundation (CDF) Quarterly Newsletter

(with membership)
<https://celiac.org/aboutcdf-newsletter.php>

"Lifeline" - Celiac Sprue Association (CSA) Quarterly Newsletter

(with membership)
www.csaceliacs.org/Membership.php

Gluten-Free Living Magazine

www.glutenfreeliving.com

Gluten-Free Premium Monthly Newsletter

By: Connie Sarros
www.gfbooks.homestead.com/GFnewsletter.html

Gluten Intolerance Group (GIG) Quarterly News Magazine

www.gluten.net/join.htm

Living Without Magazine (Quarterly)

Ann Whelan, Publisher & Editor
www.livingwithout.com

Monthly "Newsletter-ette"

By: Connie Sarros
www.gfbooks.homestead.com

Scott-Free Quarterly Newsletter

www.Celiac.com

Cookbooks

The 125 Best Gluten-Free Recipes

By: Donna Washburn and Heather Butt

Cooking Free

By: Carol Fenster, PhD
www.savorypalate.com

Gluten-Free 101

By: Carol Fenster, PhD
www.savorypalate.com

Gluten-Free Celebrations: Memorable Meals without Wheat

By: Carol Fenster, PhD
www.savorypalate.com

Gluten-Free Family Favorites

(Form is available at www.charlotte-celiac-connection.org)
Susan Hinderaker

The Gluten-Free Gourmet Bakes Bread

By: Bette Hagman

The Gluten-Free Gourmet Cooks Comfort Foods

By: Bette Hagman

The Gluten-Free Gourmet Cooks Fast & Healthy

By: Bette Hagman

The Gluten-Free Gourmet Makes Dessert

By: Bette Hagman

The Gluten-Free Kitchen

By: Roben Ryberg

Cookbooks

More from the Gluten-Free Gourmet: Delicious Dining Without Wheat

By: Bette Hagman

Nearly Normal Cooking for Gluten-Free Eating

By: Jules E.D. Shephard
www.nearlynormalcooking.com

Wheat-Free, Gluten-Free Cookbook for Kids and Busy Adults

www.gfbooks.homestead.com
By: Connie Sarros

Wheat-Free, Gluten-Free Dessert Cookbook

www.gfbooks.homestead.com
By: Connie Sarros

Wheat-Free, Gluten-Free Recipes for Special Diets

www.gfbooks.homestead.com
By: Connie Sarros

Wheat-Free, Gluten-Free Reduced Calorie Cookbook

www.gfbooks.homestead.com
By: Connie Sarros

Wheat Free Recipes & Menus

By: Carol Fenster, PhD
www.savorypalate.com