

The magazine for people with allergies and food sensitivities

# LIVING WITHOUT®

Easy Thanksgiving  
**Gluten-Free, Dairy-Free**

**Breads 101**

No Wheat!  
No Dairy!

**Allergy-Friendly  
Kids' Party**

**Hidden Celiac**

Can Screening Miss Your  
Diagnosis?

**Soy Sensitive**

What You Should Know

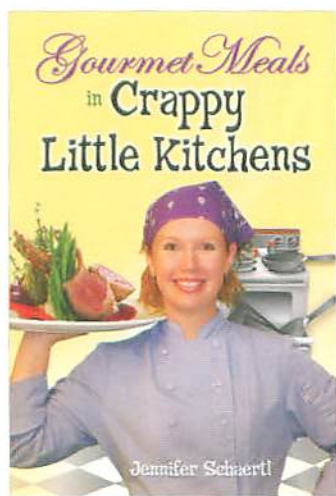
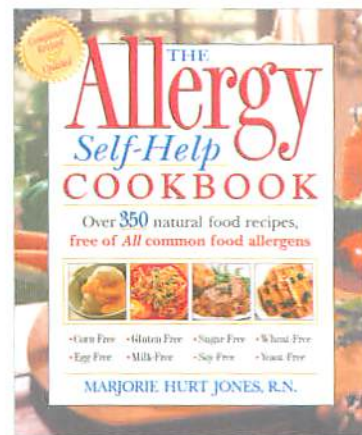


LivingWithout.com

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## Help Yourself

Need a hand taking charge of your special diet? Check out *The Allergy Self-Help Cookbook* (Rodale Press) by Marjorie Hurt Jones, RN. Originally published in 1984, this updated edition provides over 350 recipes using natural, wholesome ingredients for breakfast, lunch and dinner, not to mention snacks, drinks, desserts, holiday dishes and even meals for camping. All recipes are prepared without gluten, wheat, egg, milk, soy, corn, sugar and yeast. Bread recipes (yeast-free sticky buns!) include bread machine tips. Jones advises on everything from rotation diets and keeping an allergy-free home to dining out safely. This cookbook is a great kitchen companion for anyone who wants to eat deliciously while avoiding allergens.

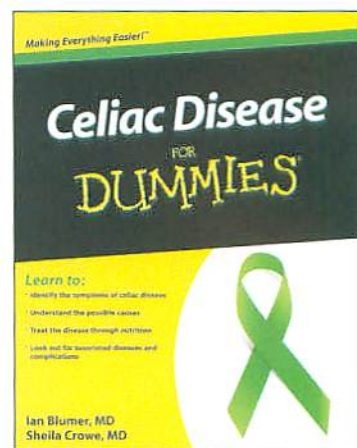


## Get an Attitude

*Gourmet Meals in Crappy Little Kitchens* (Health Communications, Inc.) by Jennifer Schaertl proves you don't need expensive appliances and granite countertops to produce culinary miracles. Schaertl combines feisty humor with baseline practicality for a cookbook that works for people who live in tiny spaces on limited budgets. This is not a gluten-free book per se but most recipes are allergy friendly and ingredient substitutions can be made easily. With titles like "My Big Fat Greek Salad," "Bring-Your-Own Margarita Mushroom Tamales" and "Eat Your Vegetables Risotto," the recipes make you smile while they pique your appetite. Who knew preparing a feast in tight quarters could be such fun.

## Easy Does It

At last. A Dummies book about celiac disease. Introducing *Celiac Disease for Dummies* (John Wiley & Sons) by Ian Blumer, MD, and Sheila Crowe, MD. Like others in the Dummies series, this one is well organized and easy to read. It gives you a good understanding of this vastly under-diagnosed genetic autoimmune disorder. Written by medical experts, the book delves into the details—symptoms, possible triggers, diagnostic tests, nutrition, complications and associated conditions. We like the authors' positive outlook: here's how to live *and thrive* with celiac. If you're looking for uncomplicated, solid information on every aspect of celiac disease, it's all here.



## Sweet Desire

Do you battle sugar cravings? Many of us over-indulge a runaway sweet tooth and feel out of control. Now there's help, thanks to Jacob Teitelbaum, MD, a doc with a mission. Teitelbaum's *Beat Sugar Addiction Now!* (Fair Winds Press) explains our obsession with sweets—and then tackles it. The book identifies four types of sugar addiction and discusses underlying causes, including fatigue, stress, yeast overgrowth and depression cravings. Laid out like a workbook (don't skip the quizzes), the book outlines critical steps to recovery in an easy-to-follow format. This isn't just about your weight. It's about better understanding yourself while you regain your health and sense of control. **LW**