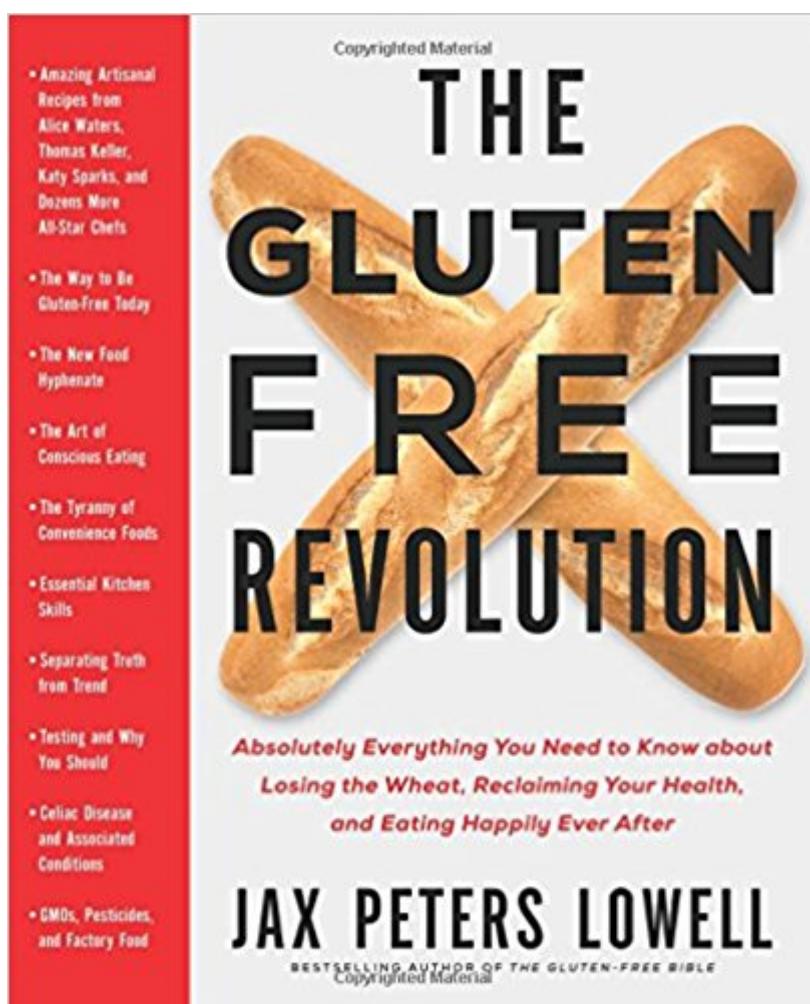


The book was found

The Gluten-Free Revolution: Absolutely Everything You Need To Know About Losing The Wheat, Reclaiming Your Health, And Eating Happily Ever After





Synopsis

An expanded, revised, and exhaustively updated 20th anniversary edition of the book that fired the first shotâ •a comprehensive and entertaining guide to living gluten-freeWay ahead of its time, the original edition of this book, Against the Grain, was the first book of its kind: a funny, supportive, and absolutely essential handbook for gluten-free living. With two successful editions and countless devoted fans, this book has helped thousands of gluten-free readers follow their diets with creativity, resourcefulness, and, always, good humor. The Gluten-Free Revolution is fully revised and updated with the newest resources and information, and is packed with authoritative, practical advice for every aspect of living without gluten. With her signature wit and style, Lowell guides readers through the intricacies of shopping; understanding labels, from cosmetics to prescription drugs; strategies for eating out happily and preparing food safely at home; advice about combining gluten-free eating with any other diet, like gluten-free-paleo and gluten-free-dairy-free; negotiating complicated emotional and interpersonal reactions to your new diet; and includes fabulous gluten-free recipes from the best chefs in the world, including Thomas Keller, Rick Bayless, Alice Waters, Bobby Flay, and Nigella Lawson, among many others. The Gluten-Free Revolution remains the ultimate and indispensable resource for navigating your gluten-free life.

Book Information

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Customer Reviews

One of the 10 Best Food Books of 2015! (Booklist)â œA terrifically entertaining read! This comprehensive and informative guide empowers both the newly and long-time diagnosed to

successfully navigate the celiac and gluten intolerant landscape. • • Marilyn Geller, CEO, Celiac Disease Foundation • The Gluten-Free Revolution is a book to which attention must be paid. Jax Peters Lowell takes us on a delicious journey of health, life, love, activism and revolutionary thinking. The last • and best book on gluten-free you will ever need. • • Christina Pirello, bestselling author and Emmy award-winning host of Christina Cooks • Jax Peters Lowell has written a wise and funny encyclopedia, with facts, food, and instructions. Poet and pragmatist, she has created a rich and spicy (G-F) stew of what matters most for a good life with celiac disease. • • • Martin J. Blaser, MD, author of Missing Microbes, Director, Human Microbiome Program, New York University • Jax Peters Lowell has done it again! An important and super informative book that covers all the bases. Beautifully written, an absolute joy to read. • • Alicia Woodward, Editor-in-Chief, Living Without's Gluten-Free & More • The Gluten Free Revolution is well worth waiting 20 years for! Jax Peters Lowell gives us an immensely readable book, a bountiful feast of facts and foods that both informs and celebrates living gluten free with style and panache. • • • Elaine Monarch, Founder, Celiac Disease Foundation • A comprehensive guide filled with answers to every question a newly diagnosed patient could possibly have • and then even more! Lowell has penned a remarkable resource every clinician should recommend. • • Ritu Verma, MD, Director, Children's Hospital of Philadelphia Celiac Center • Such a lot of information of such good quality. A must for those who plan on going gluten-free! • • Peter HR Green, MD, Director, Celiac Disease Center at Columbia University, Phyllis & Ivan Seidenberg Professor of Medicine, Columbia University • The Gluten-Free Revolution is smart, meticulously researched, packed with information and surprisingly funny. Lowell's knowledge is vast, and her ability to make clear complicated medical concepts uncanny. This is an important work, not only for those who live with gluten intolerance, but for all who cope with overlapping conditions. • • Frederick B. Vivino, MD, Director, University of Pennsylvania, Sjögren's Syndrome Center • Jax has given us a tremendous gift! With humor, down-to-earth comfort, inspiring stories and impressive research, she makes us laugh and rethink; gives new depth to our knowledge and helps us survive the emotional challenges and practicalities of the gluten-free lifestyle. • • Janet Y. Rinehart, Chairman, Houston Celiac Support Group, Past President, Celiac Support Association

Jax Peters Lowell has been a diagnosed celiac-and gluten- free-since 1981. A lifestyle expert, advocate, and contributing editor to Living Without magazine, Lowell lives in Philadelphia with her husband and bread machine.

This book is AWESOME. It picks up where all the other highfalutin gluten free books written by M.D.'s leave off: This books shows you how to LIVE and BE gluten free, not just why to do it. The recipes, tips, personal stories and more are so helpful and fabulous. Reading this book is like having a conversation with a new best friend. That's how user-friendly this book actually is. For those serious about being gluten free, this book is a MUST. I know this review is not even doing it justice. It has a "look inside" feature for this book. Just check it out for yourself. Highly recommended.

I will sit and read this book as if it were a novel, The War and Peace Food Revolution. I am not gluten intolerant and I don't remember the last time I read a book this size. I really want to curl up and read The Gluten Free Revolution just for enjoyment. I can see from the chapters that I have read that I am getting an incredible education about a subject that I have been taking for granted, food. Jax Lowell's research and knowledge is astounding on this subject. My greatest respect goes to a mission that one embarks on and its final result is of high standing and highly professional. APART from the fact that that is all true here Ms. Lowell is such a talent, so witty and entertaining that I keep going back to this book for pure enjoyment. I would highly recommend it for every kitchen and beyond. It's not just a Gluten free cookbook but also an encyclopedia, and for me -----a book I just LOVE.

This book is a must for have in your home. It offers so much help and advice to navigate the gluten free world. The recipes are amazing and the writing is spectacular. Jax Peters Lowell has all the answers and in an easy to read and understandable form. I am sending one to all my friends.

This book covers everything, and I mean everything about eating gluten free. Need a message written up in Chinese or Italian explaining Celiac Disease for when you travel abroad? Many others too. Great recipe section. Easy to understand for the beginner.

This is a great resource for anyone with Celiac Disease or Gluten sensitivities. Although it is a very large book, the information is given in a concise and sometimes humorous way. I recommend it to anyone needing to be Gluten free.

I can't explain how much this book has taught me and helped me. I can't imagine dealing with Celiac or NCGI without it. Seriously.

Good info.

Interesting and informative

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