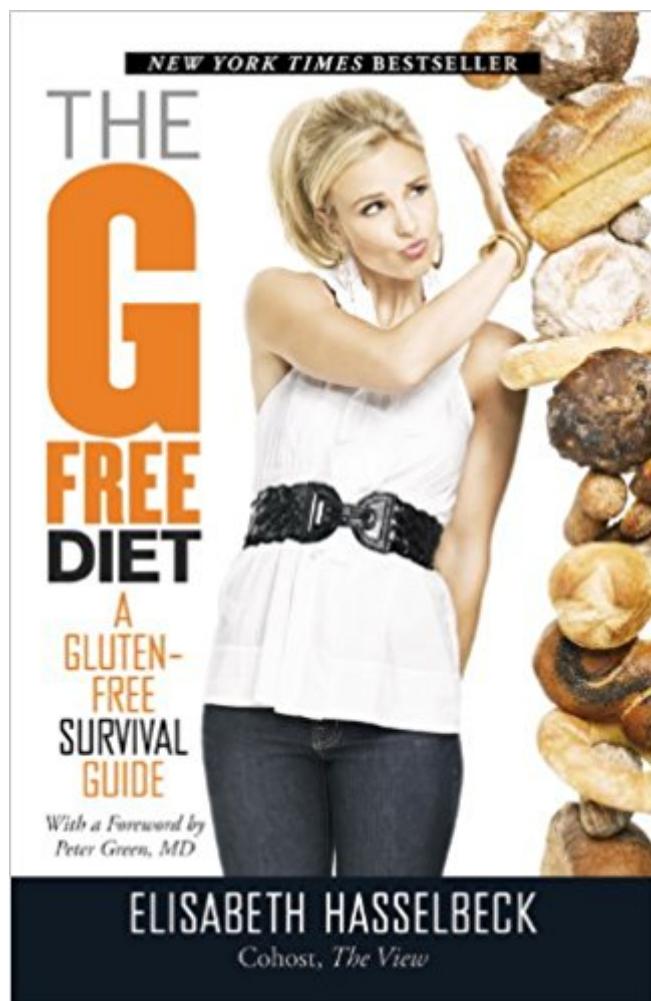


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# The G-Free Diet: A Gluten-Free Survival Guide



## Synopsis

For years, Elisabeth Hasselbeck couldn't figure out what was making her sick. She asked doctors and consulted nutritionists, but no one seemed to have any answers. It wasn't until spending time in the Australian Outback, living off the land on the grueling Survivor TV show, that, ironically, her symptoms vanished. Returning home, she pinpointed the food that made her sick -- gluten, the binding element in wheat. By simply eliminating it from her diet, she was able to enjoy a completely normal, healthy life. But that wasn't all. Hasselbeck discovered the myriad benefits that anyone can enjoy from a gluten-free diet: from weight loss and increased energy to even the alleviation of the conditions of autism. In this all-inclusive book, Hasselbeck shares her hard-earned wisdom on living life without gluten and loving it. She gives you everything you need to know to start living a gluten-free life, from defining gluten - where to find it, how to read food labels - to targeting gluten-free products, creating G-Free shopping lists, sharing recipes, and managing G-Free living with family and friends. Download the free companion app Eating Out G-Free.

## Book Information

Series: A Gluten-Free Survival Guide

Paperback: 256 pages

Publisher: Center Street; 1 Reprint edition (January 5, 2011)

Language: English

ISBN-10: 1599951894

ISBN-13: 978-1599951898

Product Dimensions: 5.2 x 0.8 x 8 inches

Shipping Weight: 8 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 407 customer reviews

Best Sellers Rank: #37,906 in Books (See Top 100 in Books) #10 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Allergies #31 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Gluten Free #33 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Abdominal

## Customer Reviews

Hasselbeck was formerly known to television audiences as a participant on the wildly popular second edition of Survivor: The Australian Outback. Since taking her coveted seat on The View in 2003 she has been the focus of major magazine covers and articles including USA Weekend, Curious Parents, People, TV Guide, Fitness, Glamour, Us Weekly, Life, Pregnancy and

ePregnancy. She has filled in on the FOX News Channel's Fox and Friends, and has been a guest on Hannity and Colmes, Larry King Live, The Martha Stewart Show, The Late Show with David Letterman, The Tonight Show with Jay Leno and Good Morning America.

I have been living with psoriasis for twenty years. After reading this book I have found the cure; Stay away from GLUTEN! I had been hearing a lot about gluten on the talk show, The View, and decided to read Elisabeth's book. Thank you SO MUCH for writing this book. I had no idea that gluten has been added to so many things we eat and drink. I do not have celiacs disease but I have been overloaded with gluten to the point that my skin was telling me that something was wrong. I knew it had to be food related when my skin cleared up after a thorough cleanse in preparation for a colonoscopy a few years ago. Little did I know that this one ingredient was the culprit. I recommend this book to everyone. You just might find help for yourself and your entire family. Too much gluten can cause a multitude of problems.

When I was first diagnosed with a gluten allergy, after many years of wondering why I was sick all the time, I was overwhelmed. Eliminate gluten from my diet? Permanently? I asked a friend who had been diagnosed five years earlier for help in navigating the wealth of information available. She immediately recommended this book. I was skeptical, as I don't usually agree with Hasselbeck's political views, but they are not on display here. Just good, basic, introductory information to help with the transition from gluten-filled to gluten-free. The chapters on cross-contamination, what to do when dining out at restaurants or at events like weddings and holiday parties were especially helpful. You'll need to find other resources for diet plans and recipes if needed; this is a weak area. I found her writing to be clear and conversational, like a girlfriend dishing dirt over a cup of coffee. "The G-Free Diet: A Gluten-Free Survival Guide" is as good a place as any to begin understanding how to thrive without gluten.

I've been gluten free now for some time, though I don't have Celiac, that I know of anyway. This book was lent to me by an elder friend, and though I found the first part of it - the research and such - to be helpful, the fanatacism that creeps in began losing my interest. That being said, if you're new to the gluten-free world, this is the fourth copy I've bought for friends and relatives with the caveat I've given, above.

Thank you Elisabeth for doing so much of the foot work and research for us. I am recommending

this book to many friends . . . and strangers . . . as a responsible and earnest effort to bring this simple "cure" of so many symptoms of ill-health, to light. To think that taking ONE thing out of my diet has eliminated 5 or 6 MAJOR physical complaints some subtle psychological complaints, is just wonderful. I only wish I had followed advice much earlier. Can't force folks to think that one thing out of their diet can change their entire life . . . people need to really want to get well and feel good.

When they do . . . this little book is a great little guide with full support and help from Dr Peter Green, who specializes in Gluten free health. I recommend this easy little book. Clear and uncomplicated. ~

Whether celiac diagnosed or just curious about gluten, this book is informative and easy to read. Packed with information, references, and tips in a conversational tone that keeps your interest.

My daughter because of health reasons has to be Gluten free, this book has been very helpful. Thanks

I have learned so much about being gluten sensitive from Elizabeth Hasselbeck's book The G Free Diet. I am calling companies all the time to find out if their products are GF, like Elisabeth suggests in her book. The reps are understanding and quick to get an answer back to me. Elizabeth tells me what I can and cannot eat and the crisis we are in America with so many of our doctors being so unaware of the numerous illnesses patients can suffer for years with being gluten sensitive. I've lost 16 pounds in less than 3 months. My constant battle of bloating and extremely offensive gas are over. I have an appointment soon to see a gastroenterologist to learn about irritable bowel syndrome to help me with chronic constipation. The GF diet has helped in many ways, but now severe leg cramps have increased due to low sodium. I was tested negative this week for peripheral artery disease, that's good. Until I see the GI MD I'm to increase the sodium and limit all liquids to 8 glasses/day. I'm used to 72 oz of just water/day, not including juice, milk, or coffee. My constipation is back, so I called the company who makes my stool softner tabs if they're gluten free. Elizabeth has a great lists of references in her book, I have so much to learn.

Recently we learned that one of the grandchildren needed to be on a gluten free diet or suffer the embarrassing consequences for life. Elizabeth's book was clear and beautifully written for ALL family members to use and understand. It is extremely hard for a young teen to learn that most of the yummy family foods will be off his list. With the information given, and guidelines.....recipes.....etc he has a whole new idea about who he is and how to manage. Cooking has always intriqued him,

and now he's using "his" book to new adventures in the kitchen. Celiac has become an open discussion choice at his school and maybe, just maybe it will help others to recognize and correct their problem with less embarrassment. Most importantly he knows he's NOT ALONE in this battle.

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