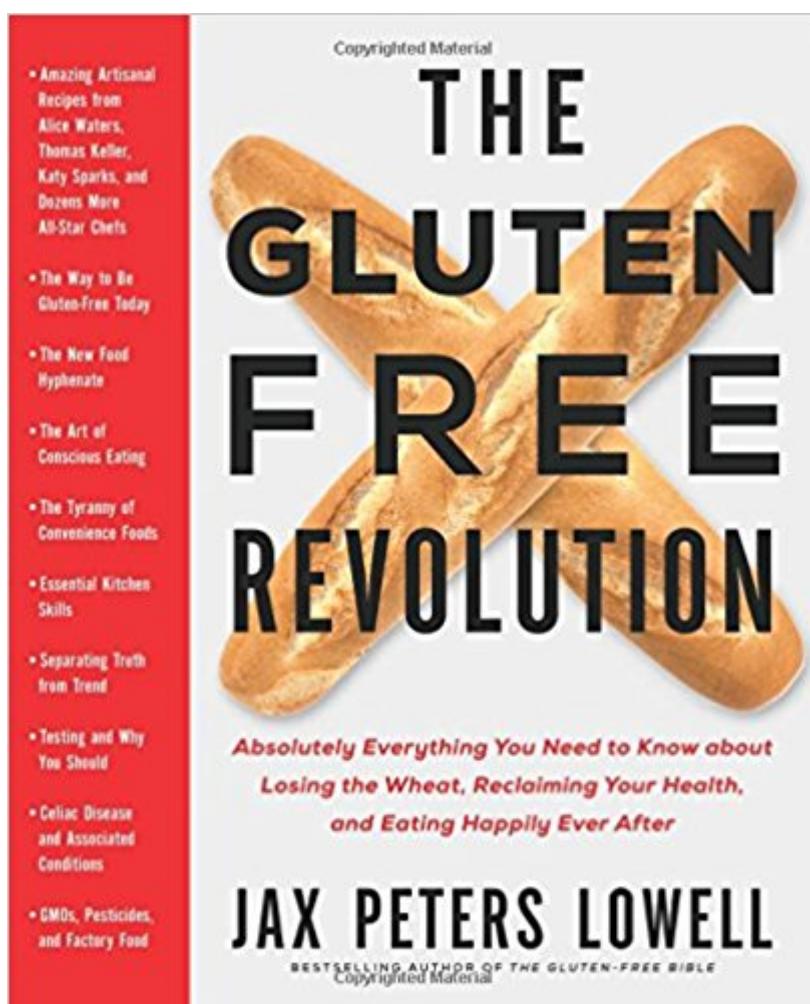


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# The Gluten-Free Revolution: Absolutely Everything You Need To Know About Losing The Wheat, Reclaiming Your Health, And Eating Happily Ever After





## Synopsis

An expanded, revised, and exhaustively updated 20th anniversary edition of the book that fired the first shot—*a comprehensive and entertaining guide to living gluten-free* Way 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) A 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.            <img alt="Woman with hands on hips" data-bbox="217

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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