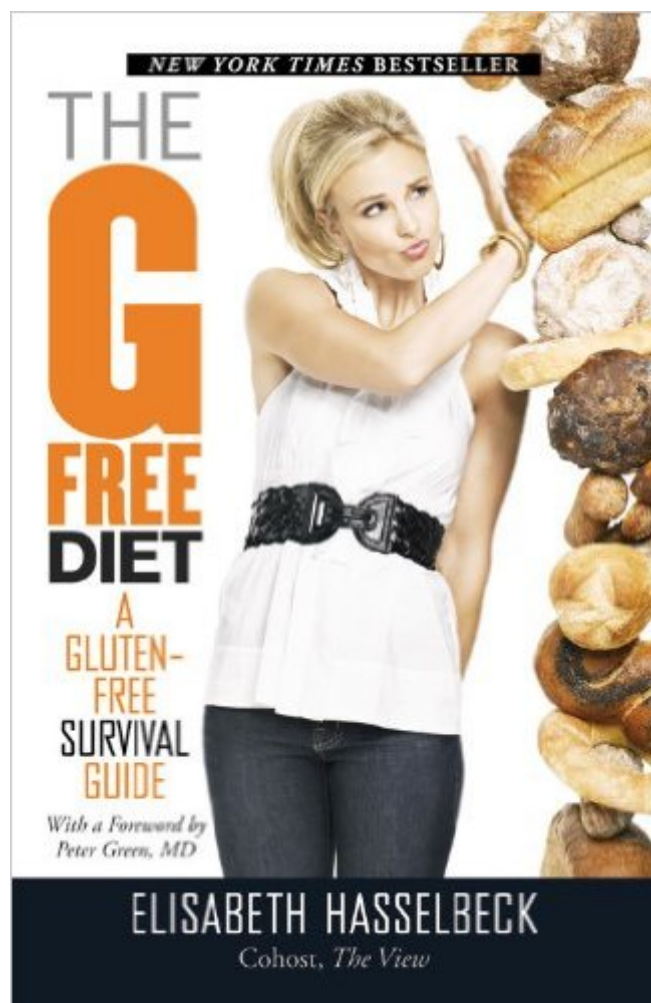


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# The G-Free Diet: A Gluten-Free Survival Guide



## 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

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## Customer Reviews

I must admit that I had a preconceived notion about what the book was going to be like. My skepticism had nothing to do with her, or her personality, or what she says on the View, or what people think of her, because frankly, I don't have time to watch TV at 10am or read about her comments on the internet. My preconceived notion was based simply on the title "The G-Free

Diet."The cutesy title reminded me of an article I wrote on my blog Sure Foods Living in which I pointed out that maybe the reason people couldn't embrace the gluten-free diet is that the word "gluten" just isn't cool enough for people and that we need to start calling the gluten-free diet something else. (I jokingly offered "the no g-carb diet" as a solution.) Turns out I might have been right and a celebrity has given it a new name! Elisabeth uses the term "the G-Free Diet" so many times in the book that by the end I actually find myself getting used to it. Another phrase she uses: "G-Full" -- referring to foods that are full of gluten. Not bad. So back to the preconceived notion... the cutesy title and cutesy cover made me think that the book was going to be cutesy too. It wasn't! What I thought... I found this book to be practical and personal. It is practical, with understandable medical and diet information, and personal, with stories meant to illustrate points and make us feel like she is just like us with the same worries and anxiety about the diet that we have (except that she hangs out with Whoopi Goldberg and Prince Charles!). She also maintains a positive but realistic attitude throughout, which is the tone that I also try to convey on my website. Perhaps I liked this book too because I related to her story.

I came across this book by accident while trying to figure out what the heck was wrong with me and my gut. I read it, and decided to give gluten free living a try. Boy howdy, I'm glad I did. And I'm glad I had this book to help me. I don't know whether or not I have celiac disease, but I have no intention of eating gluten for a very long time as I'm experiencing so much relief from symptoms I never thought I'd be rid of. I had no idea how many ways gluten could sneak into my food. This book really breaks down exactly how to determine what's safe to eat, what may be safe to eat, and what's definitely NOT safe to eat. Had I tried to go "gluten-free" without a guide like this, I would have failed (I thought Rice Krispies were gluten free.... 'cause they're rice, right? RIGHT? But no - they're rice + malt, and malt = gluten). And since I would have continued to experience digestive difficulties, I would have written off gluten as the trigger for my issues and been continually plagued by extreme digestive issues for who knows how many years. I'm disappointed by the many negative reviews of this book that are critical of small details. I wish reviewers wouldn't rate a book 1 star for having a few errors or differing opinions. I wish they'd balance their opinions out - there are far, far, far more ACCURATE details in this book than INACCURATE ones. And this book is important as it brings a relatively unknown health condition to a wider audience than ever before, and a lot of people (myself included) can benefit SO MUCH from this. Should I base all my health decisions on this one book? Of course not!!! Shame on me if I didn't continue to learn from other sources.

Edit:I almost want to apologize for giving her such a negative review the first time around: it's really difficult to include all the information that should be in a book for celiacs. That said, there is a lot of inaccurate information in this book--that part of my review stands. However, even if you've been gluten-free a long time, you may not be really aware of how prevalent cross-contamination of food can make something that should be gluten-free into something really gluten-containing. If you can get this from a library, read the discussion on cross-contamination. It is one of the best I have seen. Second Edit and Third Edits: Pack food if you're not able to buy it where you're going. She's right about that--you shouldn't risk being glutened if you can't buy your own food for some reason. (Keep a Kind Bar in your purse, briefcase or backpack.) I am beginning to agree that you should probably use personal care items like shampoo and hand lotion that are gluten-free; it's not worth it to get glutened by shampoo or hand lotion. The megacorporation, Lever, is very careful about gluten; they own Suave, so their products are clearly labeled if they contain gluten ingredients. Also, cosmetics companies change their formulas frequently if their products are not sold as gluten-free, so it's probably safer to start out with things that are sold as gluten-free. (Walk into Trader Joe's or Whole Foods and ask for the gluten-free cosmetics.) Unfortunately, the new regulations have scared off some of the cheaper makeup lines; they won't admit that their products are gluten-free because they don't test for gluten. Finally, Cheetos are gluten-free again, and say so on the package!

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