



The Gluten-Free Bible: The Thoroughly Indispensable Guide to Negotiating Life without Wheat

Jax Peters Lowell

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The definitive guide to the gluten-free lifestyle, completely revised and updated for the 2.2 million Americans with celiac disease

According to a landmark 2003 National Institutes of Health study, 2.2 million Americans suffer from celiac disease, an allergy to the protein gluten found in wheat. Since this book was first published in 1995 (as *Against the Grain*), Jax Peters Lowell has been helping celiacs follow a gluten-free diet with creativity, resourcefulness, and humor.

This edition includes chapters covering

- the latest research into celiac disease, and myths that have been debunked
- how to eat out happily, including a short course in restaurant assertiveness training
- how to eat in happily, including a discussion of online and mail order suppliers and negotiating the supermarket as a celiac
- dozens of delicious new recipes
- drugs, cosmetics, and other products tested for celiac-safety
- a thoroughly updated resource section

Tens of thousands of celiacs have already enhanced their lives with Lowell's authoritative, witty, and practical guide. *The Gluten-free Bible* promises to bring relief to the new gluten-intolerant generation.

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Kerrienne says

Comprehensive guide to living gluten free - from dealing with the restaurant scene to house parties. Covers many of the same topics from her previous book - Against the Grain - but gives an updated outlook on living GF and covers the changes in the food industry since her first book was published in 1996. I had the opportunity to attend a seminar by the author and met with her afterwards. Amazing woman.

Molly says

I've now gotten to the point where I've read a lot of nutrition books written by privileged white people but this one takes the cake. It just REEKS of privilege. She starts the book talking about caviar for fucks sake. Also racist comments about Chinese food, lumping all of Africa in one country and assuming off the bat that the reader is white. It's just irritating as hell to read this book. Also, she thinks she's so clever and funny but holy crap you're writing a nutrition book please shut up with the fake stories about aunt ethel and cousin billy-bob. At one point she suggests you write your yearly newsletter about how you are gluten intolerant. I can't even. Yes, there is an amount of making people learn understand and make exceptions for your diet but so much of her advice in this book is about manipulating people and in general very selfish in a negative way.

I really had to give up 2/3rds the way though. There's only so much bullshit I can handle. It pisses me off because I just want to read a good resource for going gluten free. Instead there's this book that's 200 pages too long because this butthead has to write about people giving her looks for keeping a "demitasse spoon" in her purse so she can eat the caviar without the wheat cracker.

Heidi says

FABULOUS! If you just found out you are gluten intolerant or have celiacs disease, this book is A MUST READ! It's an easy and quick read and Jax gives you a great glimpse into the world of being gluten free. She especially emphasizes mourning over it all because food is EVERYWHERE and yes, it is hard to be gluten free. This book was such a life saver for me, but I felt it must be genetic because check out her maiden name? :)

Maggie Greensmith says

This is a fabulous guide to the Gluten Free world. I found it to be empowering and incredibly helpful. I would recommend this to anyone with Celiac! She also wrote an earlier book titled "Against the Grain" that looks very interesting as well.

Jay says

I really appreciate the depth of information in consumer-friendly form. It is rare to get the real day-to-day tips to living as an adult (or family) without gluten, and rarer still to get such a comprehensive picture. I very much appreciate the author's challenge to create access for others using the skills developed in living without gluten.

A few critiques, mostly related to the memoir-ish form - while the author is clear about pointing out the difference that privilege makes in accessing both healthcare and food, it would be great to have more information and tips for living without this access. While I generally appreciate the tone of tough, yet realistic and positive, at times the plucky voice missed other emotional points.

One disclaimer - while this book is useful to anyone who is gluten-free, it is really focused on celiac.

Suzy says

compared to other books on this topic there is a lot of mis-information. this books is NOT endorsed by any of the celiac discussion groups I have explored. although I initially thought there was some good info, the mix of that with false info is just scary for those who NEED the information for their health's sake!

Stacey says

Helpful, if outdated, book about living gluten-free. It has practical suggestions regarding navigating the real world with a significant dietary requirement - strategies for restaurants and travel, as well as information on hidden sources of gluten.

I'd like to see an update on this book, knowledge regarding health impact has grown significantly since publication. An additional star off for focusing so much on the idea that Celiacs are underweight. We now know that obesity accounts for a notable portion of individuals who go undiagnosed. It's still extremely difficult to get a physician to order IgA or tTG for an overweight patient, due to this misconception.

If you are (or suspect you are) gluten-intolerant, do yourself a favor and start here, but move on to recently published information, or celiac.com for more up-to-date information about this condition.

Liaken says

The organization of this book is so strange. It isn't intuitive at all. The layout doesn't help much either. It is difficult to scan pages for content.

However, the author covers a lot of issues I hadn't thought of, such as how gluten intolerance is dealt with in the military, in prison, in nursing homes, etc.

There is also a significant portion of the book discussing the desire to "cheat" and eat gluten. If this is something you struggle with, this book might be good for you. Personally, I had a hard time relating to it. I tend to struggle more with feelings of being deprived than with a desire to eat gluten-containing foods.

This still isn't THE book to introduce the gluten-free lifestyle, in my opinion. Someday I'll find it.

Lastly, this book is the revised and so forth version of Against the Grain: The Slightly Eccentric Guide to Living Well Without Gluten or Wheat.

Sally says

I'm not a fan of the advice in this book. This was the first thing I read following my diagnosis, but I found her coping methods rather abrasive. She expects everyone around her to make all of these special arrangements for her, while I'd rather adapt to my surroundings and take responsibility for my own actions. That's a rather harsh review, but I came away from reading this bitter and self-pitying. However, there is some good basic advice here, I just would avoid recommending it for people straight after their diagnosis.

Amy says

I cannot begin to describe how indispensable this book has been! The author is a perfect guide to beginning life gluten-free, addressing both the emotional & psychological issues of changing your diet AND the practical, "how-to" issues. The book includes recipes, restaurant recommendations, cosmetic cautions, medical resources, and engaging stories!

Tammie says

Since we discovered Myles' gluten intolerance, this book has been a lifesaver in helping us learn more about the condition and how to live with it. It has really wonderful and thorough reference information and offers a lot of additional jumping off points for learning more about every aspect of living gluten-free.

Rebecca says

I was looking for recipes but this is really more of a lifestyle book. She covers the types of kitchen utensils that need to be replaced after an initial diagnosis, etiquette (always a toughy), eating out and other issues you never realized you were going to have to deal with. How do I fly now? Why do I cheat? I don't really like a few of her solutions but it got me thinking about things.

Jami Hilgedick says

I am still reading this, but it has helped me through a lot. I was just diagnosed with celiac disease a few years

ago and I have had a lot of problems with taking it out of my diet. But this book gives you a lot of helpful tips about what to do when you want something you can't have. It's a great guide for people with celiac!

MsKychick says

Some parts were highly useful
Many parts were not

AJ LeBlanc says

Yuck.

There were really helpful sections of this book where the author sticks purely to the facts. The sections on gluten free grains and flours is outstanding. She knows what she's talking about.

However...

There is a lot in this book where she speaks in universal statements that are simply not true and incredibly off-putting if this is not your experience and reality. She often reminds you about how bad you felt when you kept losing all that weight and didn't know why. Remember when your bones stuck out? Remember when you were so very skinny? Yeah, that doesn't always happen.

She also gives tips that work for her and she assumes that everyone will be comfortable and on board. She talks about how she understands that at first you won't be comfortable going into a kitchen in a restaurant to read all the labels and make sure the cooks are using clean pots and pans and cleaning off the grill if needed. Since you won't feel comfortable doing that right away, just bring your own food and have them cook that. In clean pots and pans and on a cleaned grill if needed. WHAT?!?! Yeah, because that's totally a comfortable moment!

The part that made me put down the book and groan in pain was when she got to the affirmations. Yes, I understand the power of positive thinking and I agree that it is important. However, I am not going to suggest to my newly diagnosed Celiac husband that he walk up and down the bread aisle in the supermarket whispering "You will no longer hurt me."

I'm sure some people adore this book. They will love her attitude and find her tips work for their personality. I am not one of them.

It's great for the facts, but for me, the tips and behavior suggestions were so alien that they almost negated everything else.
