

## FREE TRIAL MINI VERSION

To purchase the full version of Felicity's Gluten Free Handbook, please visit the secure online order page

[www.FelicitysGlutenFreeHandbook.com](http://www.FelicitysGlutenFreeHandbook.com)

**Gluten Free Food Store**

[Click Here](#)

© Copyright 2009-2012 Felicity Scottsdale

Publish in association with New View Media

This book and the contents are copyright covered and may not be reproduced in Part or Whole, or placed in a retrieval system without permission of the author. Persons or companies found to be distributing or selling this publication will be prosecuted to the full extent of the law.



*Me and my little boy Tyler*

## Welcome!

I've spent over 10 years researching and collecting information for this book. It has grown into more than a hobby, it's my life! For this free trial mini book we will be going over a couple introduction samples from some of the chapters... Below is the full table of contents found in Felicity's Gluten Free Handbook.

## Table of Contents

## PAGE #

- |                                                 |         |
|-------------------------------------------------|---------|
| 1. What is Gluten Intolerance?                  | Page 4  |
| 2. What Are The Symptoms of Gluten Intolerance? | Page 8  |
| 3. History of Gluten                            | Page 11 |
| 4. Disadvantages of Ingesting Gluten            | Page 14 |
| 5. Gluten and its Properties                    | Page 16 |
| 6. Celiac Disease                               | Page 17 |

7. Gluten Free Diet Guidance	Page 20
8. 6 Steps to Making Your Diet Gluten Free	Page 24
9. Planning Your Gluten Free Diet	Page 26
10. List of Things to Avoid	Page 29
11. Gluten Warning Signs on Food Labels	Page 33
12. What are some other names for wheat?	Page 35
13. Creating a Gluten Free Kitchen	Page 38
14. Gluten Free Eating in Restaurants	Page 42
15. Gluten Free Ethnic Foods & Restaurant Guide	Page 49
16. Gluten Free Flour for Baking	Page 57
17. Easy Substitutions for Traditional Recipes	Page 65
18. World Best Gluten Free Bread Recipe	Page 67

19. Gluten Free Recipes: Breakfast	Page 69
20. Gluten Free Recipes: Lunch	Page 73
21. Gluten Free Recipes: Dinner	Page 78
22. Gluten Free Desserts & Snacks	Page 95
23. Gluten Free Grocery List	Page 101
24. The Easy Gluten Free Menu Plan	Page 105
25. Gluten Free Alcohol	Page 107
26. Travel Worry Free	Page 109
27. Gluten Free Family Integration	Page 111
28. Medical Disclaimer	Page 113
29. Safe Food Ingredient List	Page 114
30. Conclusion	Page 129



## What is Gluten Intolerance?

Gluten intolerance is also referred to by other names such as non-tropical sprue, gluten intolerant enteropathy or celiac disease among many other names.

In very simple terms, gluten intolerance involves a situation in which one is extremely sensitive to the protein gluten which is likely to be found in cereals such as wheat, barley and rye. These proteins cause damage to the villi which are responsible for the absorption of water and other nutrients like calcium, folic acid, iron and vitamins. Once the villi are destroyed, the result is that there is poor absorption of nutrients by the body.

Gluten intolerance should never be confused with allergy to food because it is basically a disease that is inherited. It occurs in people with genetic predisposition which basically means that these people have a history of gluten intolerance in their families. This could be triggered by shock, viral infections or even prolonged stress levels...

## What Are The Symptoms of Gluten Intolerance?

Gluten intolerance can manifest itself in different ways. It is worth noting from the onset that although a good number of people with gluten intolerance may experience symptoms that are extreme, others may not experience any symptoms at all.



This does not mean people that experience no symptoms at all are not at risk of having their small intestines damaged. They are just as much at risk as those individuals that exhibit symptoms of gluten intolerance.

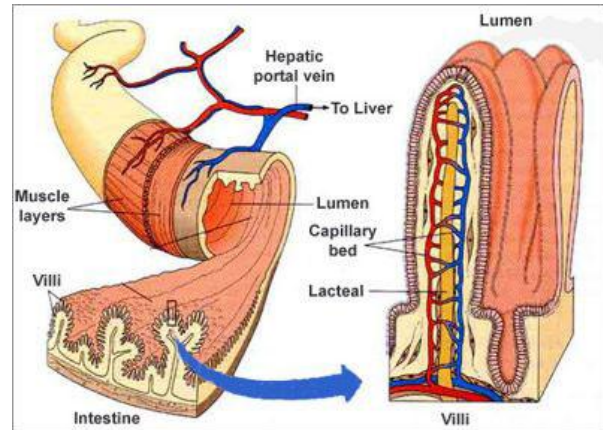
Because some people may fail to exhibit the symptoms that are associated with gluten intolerance, it may be difficult to recognize the possibility of such people having the disease. This may mean that such individuals may live on with the disease without their knowledge, yet this is a disease with life threatening consequences...

## Celiac Disease

Celiac disease is a condition that does not allow a person's digestive system to properly process Gluten. The condition damages the intestines and prohibits it from absorbing the nutrients from Gluten.

People with this disease cannot process the gluten properly and the disease causes damage to the Villi in the intestines. Villi are a hair like protrusions responsible for the absorption of Nutrients through the small intestines. When the Villi are damaged the small intestines do not absorb the necessary nutrients into the blood line causing a person to be malnourished regardless of the amount of food he or she eats.

This response to the immune can cause several symptoms...



## Gluten Free Diet Guidance

Every known civilization, from the Egyptians to the Romans and even to present day America rely heavily on grains to feed their populace. Removing grain from the diet can feel unnatural and seem expensive but in truth it is a process that just needs getting used to.

First and foremost, a gluten free diet must eliminate all gluten producing grain. Gluten Free diets remove grain which includes barley, rye, triticale and wheat, including kamut and spelt. It is also important to eliminate food additives containing gluten, such as thickeners, stabilizers and food flavoring.

Gluten is found in the trickiest places, it's impossible to uncover all the gluten on your own....





## Gluten Warning Signs on Food Labels

Forty percent of people with gluten intolerance do not have sufficient knowledge when reading food labels to identify wheat and gluten elements in the ingredients. Here are many of the common items in food that you need to avoid, as they contain gluten/wheat within...

Wheat

Wheat Starch

Bleached Flour

Unbleached Flour

Bulgar

Soy Sauce

Teriyaki Sauce

Semolina

Spelt

Millet

Kamut

Triticale

Breadcrumbs

Natural Flavors

Diglycerides....

Couscous

Malt (like Malt Vinegar, Malt flavoring, etc.)

Dextrin (can come from Tapioca too)

Rye

Oats

Oat Flour

Barley

Barley-Malt

Mustard

Caramel

Wheaten Corn flour

Breadcrumbs

Dextrin

Emulsifiers

Hydrolyzed Plant Protein.....

## How to Reduce Bowel Cramps From Gluten

Even when you pay close attention to what you are eating, sometimes gluten will find its way into your system and when it does you will know fairly quickly. There have been countless times that I have ingested gluten accidentally then spent the rest of the day and night on the toilet or in bed with the worst cramps and stomach pains.

If you ever find yourself in this situation, then don't worry as I've found a few tricks that will greatly reduce the discomfort. You will still need to wait for your body to flush all traces of the gluten out of course, but decreasing the amount of pain will go a long way in making your life easier.

1. So firstly, drink a large glass of cold water. Not tap water, but icy cold water!
2. Next, take the allowed dosage of Buscopan. These are always in my home!  
(Please, always read the label before taking medication)
3. You can also take a spoon full of CalMag Balance (Calcium Magnesium D3).





## Ideas for stocking the kitchen!

Keep [gluten free pastas](#) on-hand for convenient meal preparation.

In the event you like [pancakes and waffles](#), you will find many different gluten-free mixes in the marketplace.

Have a collection of individual [gluten free flours](#) on-hand, such as brown rice flour, corn starch, and arrowroot starch, to replace wheat flour whenever you want to thicken gravies and sauces. [Gluten-free breads](#) could be created from mixes or purchased in loaves, often found in the freezer section of natural food markets.

Stock your refrigerator with gluten-free salad dressings, and have [gluten-free packaged snacks](#) available in the cupboard like [cookies, crackers, and breakfast bars](#).

There are also lots of amazing [gluten free desserts](#) such as pies, cakes, cheesecake, cupcakes and much more available if you shop in the right places.

## Gluten Free Flour for Baking

*\* Here's a quick recipe to make 1.5 pounds of gluten free flour (my favorite personal mix) that can be used for all your gluten free cooking.*

- 2oz [buckwheat flour](#)
- 2 oz [corn flour](#)
- 4 oz [potato flour](#)
- 1lb [white rice flour](#)



*Here are a few other gluten free flour substitutes:*

[Almond Flour...](#)

[Amaranth Flour...](#)

[Brown Rice Flour...](#)

[Chestnut flour...](#)

[Coconut flour...](#)

[Flaxseed Meal...](#)

[Hazelnut Flour...](#)

[Millet Flour...](#)

[Quinoa Flour...](#)

[Sweet Sorghum Flour...](#)

[Tapioca Flour...](#)

[White Bean Flour...](#)

[Cornstarch...](#)

[Flava Bean Flour...](#)

[Garbanzo Bean Flour...](#)

[Indian Rice Grass Flour/Montina...](#)

[Potato Flour...](#)

[White Rice Flour...](#)

[Soy Flour...](#)

[Teff Flour...](#)

[Arrowroot Starch...](#)

[Potato Starch...](#)

## Would You Like To Know More?

This was just a few small samples of my Gluten Free Handbook, which also features interesting articles and valuable information on:

- \* **6 Steps to a Happy Gluten Free Life**
- \* **30 complete chapters on everything you need to know about gluten free diets**
- \* **Delicious gluten free alternatives to your favorite foods**
- \* **Ways to eat out in public places and receive gluten free meals for no extra cost**
- \* **Amazing, yummy gluten free recipes that take just minutes to cook**
- \* **What you can do to minimize the pain if you accidentally eat gluten (so valuable)**
- \* **The correct steps with naturopathy or medical attention for gluten intolerance**
- \* **Techniques to make gluten free meals that are bursting with flavor and taste**
- \* **Your own list of things to avoid when eating in restaurants or while travelling**
- \* **The ten health benefits of living a gluten free life**
- \* **How to spot hidden warnings of gluten on food labels**

To purchase the full version of Felicity's Gluten Free Handbook, please visit the secure online order page at [www.FelicitysGlutenFreeHandbook.com](http://www.FelicitysGlutenFreeHandbook.com)

Stop your gluten pains and cramps today in 6 easy steps...



[Click HERE to buy now!](#)

*You get Felicity's Gluten Free Handbook (30 chapters)*

- *+ 5 Free eBooks*
- *+ One year of free gluten free advice and diet planning*
- *+ Support & Personal Diet Help*
- *+ 100% money back guarantee*
- *...What are you waiting for? Order today!*