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The Gluten-Free Solution (Gluten Free Gigi's Wellness Solutions) (Volume 1)

Gigi Stewart M.A.

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The Gluten-Free Solution (Gluten Free Gigi's Wellness Solutions) (Volume 1)

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The Gluten-Free Solution (Gluten Free Gigi's Wellness Solutions) (Volume 1) Gigi Stewart M.A. Struggling for more than 25 years with debilitating chronic pain that doctors could not understand, and enduring dozens of horrifying misdiagnoses from lupus to Lyme disease to leukemia, Gigi Stewart, M.A., was relieved when she learned celiac disease and multiple food allergies to soy, peanuts and tree nuts, as well as the need to eliminate dairy products, were responsible for her ill health. Instead of feeling restricted and deprived, Gigi immediately felt empowered and liberated as she combined her skills and knowledge as a research scientist with years of culinary experience to overcome the challenges of eliminating entire food groups from her diet. Gigi looks at nutrition different from most as a result of her professional background as a behavioral neuroscience researcher specializing in chronic inflammatory pain and natural products research. She sees nutrition from the inside out – and answers the question “What do the foods we eat do inside our bodies?” It is this unique, fact-based approach to nutrition, combined with her personal experience living with celiac disease and multiple food allergies that gives Gigi insight into the nutrition of multiple special diets few are able to offer. And now, after five years of sharing her signature “Smart Nutrition Backed by Science” with readers all over the world via GlutenFreeGigi.com and as the Editor-in-Chief of Food Solutions Magazine, Gigi is making her practical, easy-to-understand strategies, tips and recipes available in one convenient reference, The Gluten-Free Solution: Your Ultimate Guide to Positive Gluten-Free Living. Whether you’re newly diagnosed with celiac disease, suffer from another autoimmune disease requiring a gluten-free diet, or are still seeking answers to your health and nutrition issues, Gigi has the fact-based answers you need, and she shares them here with her usual upbeat, inspiring and positive approach so that anyone who desires to do so can easily transform and restore their health with the foods they eat.

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