



Going Against the Grain - Italian Style!: A Gluten-Free Life Guide and Recipe Book for Staying Healthy and Eating Amazingly! (Volume 1)

Nuccia Ardagna

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This two-part book is a vital adjunct to any home attempting to be gluten-free. The first part guides you through early diagnosis and is an essential guide for any beginner diagnosed with celiac disease or some form of gluten sensitivity. You will learn how to identify symptoms of the disease, how celiac disease is diagnosed, and the consequences if left untreated. It will help you to understand how to read labels and how to manage your gluten-free home in a shared environment. It outlines practical advice for parents of children with celiac disease as well as tips for eating out and dealing with social settings such as special occasions or when traveling. Honorary foreword provided by renowned Dr. Peter HR Green, MD - Celiac Disease Center at Columbia University.

Growing up authentically Sicilian, Nuccia Ardagna thought that getting rid of gluten meant giving up her favorite traditional foods, but that could not be further from the truth! Nuccia combines her passion for eating amazingly Italian with her new dietary needs to bring you scrumptious, traditional Italian (and Sicilian) recipes. From simple, classic appetizers to decadent desserts you thought you could never enjoy, every recipe is easy-to-follow and offers beautiful full-color pictures throughout. You can feel confident about entertaining guests and family with these mouth-watering recipes. You can eat healthier, feel better, and truly enjoy living gluten-free while never having to sacrifice great taste! In this book, Nuccia not only shares her personal story with celiac disease but also the recipes she grew up with at home and uses to entertain guests. Look for the bonus section at the end of the book along with a section dedicated to her favorite links and resources.

We hope you enjoy the book and find it helpful in your journey.

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