

GI Websites and Reading Lists

Websites:

- Celiac.com www.celiac.com
- GF Harvest/Gluten Free Oats Company www.glutenfreeoats.com
- Gluten Free Gourmet www.glutenfreegourmet.com
- Gluten Intolerance Group www.gluten.net
- Go Dairy Free www.godairyfree.com
- Grain Free Gourmet www.grainfreegourmet.com
- National Foundation for Celiac Awareness www.celiaccentral.org
- The Gluten Free Mall www.glutenfreemall.com
- The Spunky Coconut www.thespunkycocoanut.com

Books:

- *Breaking the Vicious Cycle (SCD)*, Elaine Gottschall
- *Cooking to Heal, and Nourishing Hope (autism)* Julie Matthews
- *Digestive Wellness for Children*, Elizabeth Lipski
- *Digestive Wellness, 4th Edition*, Elizabeth Lipski
- *Gluten-Free Gourmet*, Bette Hagman
- *Grain Free Gourmet & Everyday Grain Free Gourmet*, Jenny Lass & Jody Bager
- *Gut & Psychology Syndrome* Natasha Campbell-McBride
- *Nourishing Traditions* Sally Fallon & Mary Enig
- *Real Simple Diet*, Mark Hyman
- *Special Eats: Simple, Delicious Solutions (GFCF Cooking)* Sueson Vess
- *The Body Ecology Diet*, Donna Gates
- *The Gaps Guide*. Baden Lashkov

- *The Inside Tract: Your Good Gut Guide to Great Digestive Health*, Gerard Mullin, Kathie Madonna Swift
- *The Kid-Friendly ADHD & Autism Cookbook 2nd Ed.* Compart & Laake
- *The Whole Life Nutrition Cookbook*, Alissa Segersten & Tom Malterre
- *The Yeast Connection*, William Crook