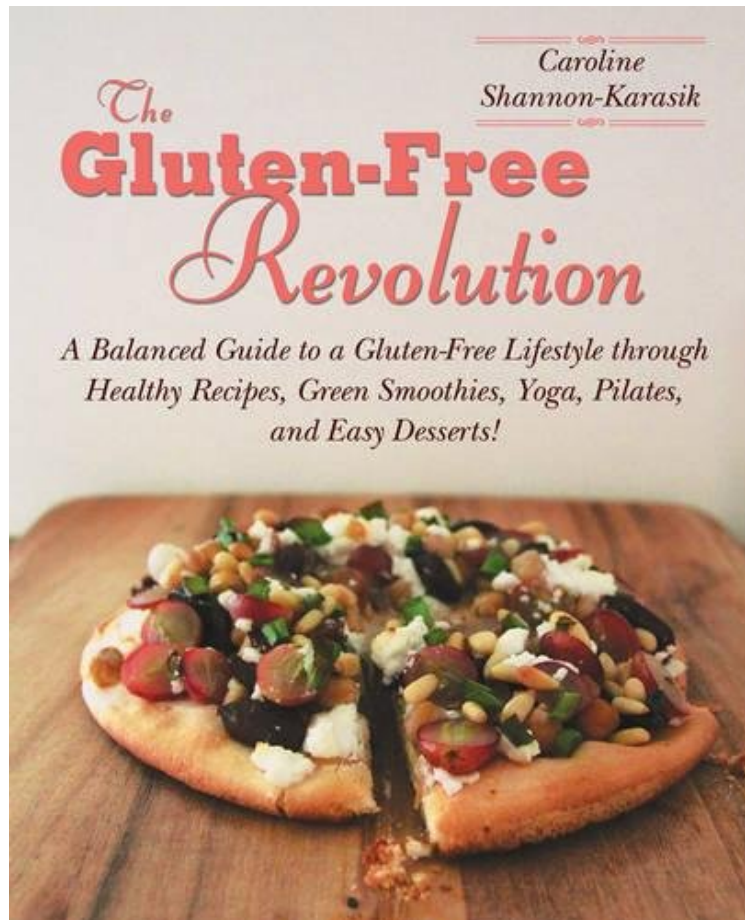


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The Gluten-Free Revolution: A Balanced Guide to a Gluten-Free Lifestyle through Healthy Recipes, Green Smoothies, Yoga, Pilates, and Easy Desserts!

Caroline Shannon-Karasik

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5 of 5 people found the following review helpful. Guide to going without GlutenBy CustomerBought as a Kindle-book; easy to read and follow because it's written in a narrative style. Offers some great recipes and suggestions. If you're thinking about going gluten-free, it's a good manual with which to start because of its balanced approach.5 of 5 people found the following review helpful. Great information!By Grandma BeeA great guide for anyone wishing to

embrace the gluten-free lifestyle. I look forward to shopping, preparing and eating gluten-free. 5 of 5 people found the following review helpful. Five Stars
By donna l m bryant
good guide

An accessible healthy lifestyle should be the rule not the exception. Who said pricey kitchen equipment and complicated recipes were necessary for leading a balanced life? Based on the premise that simple, whole foods (mixed with a bit of dessert, of course) are the building blocks of any healthy diet, *The Gluten-Free Revolution* is truly the ideal way to identify that place in your life where everything feels ooh là là. Shannon-Karasik doesn't preach a rigid lifestyle, but encourages those interested in feeling great to experiment and use what works best for them, providing simple exercises and easy recipes that acknowledge major allergies, sensitivities, and healthy lifestyle choices. While all the recipes are gluten-free, many also cater to vegans, vegetarians, and even nut- and soy-free diets. Contents include: Recipes for all meals Delicious desserts Smoothies Yoga Pilates Dance Meditation Simple, effective workouts And so much more! Whether you're a fitness nut looking for the latest tips, the mom of a gluten-free child looking for delicious recipes, or just the average person who wants to feel amazing every day, *The Gluten-Free Revolution* answers all of your questions and points you toward the pleasurable life you deserve. 135 color photographs

"What I was expecting was a gluten-free cookbook. What I got was an easy-to-follow healthy lifestyle book. Not only does it make living the gluten-free and vegan lifestyle easy to accomplish, but it also includes yoga and Pilates exercises, tips on what items and tools to stock in your kitchen and has simple homemade beauty recipes." -- Farima Alavi, HGTV
"As soon as I received [the book], I was so excited to 'dive in' and get started with making some recipes. But to my surprise, it was much more than that. The book also includes aspects of lifestyle, mindset, exercise and all things wellness. A win-win for sure!" -- Lindsey Smith HHC, Founder of FoodMoodGirl.com
"Caroline has celiac disease and she knows first-hand what it's like to walk in your shoes, but she realized that this lifestyle of ours is so much more than just worrying about gluten. Her first book is an incredible snapshot of how she approaches food, fitness and life through a gluten-free lens that keeps her healthy. Filled with tons of lovely color images, Caroline depicts what many of us all never heard when we first went gluten-free -- how to live and eat well." -- Jennifer Fugo, Founder of Gluten Free School
About the Author
Caroline Shannon-Karasik is a writer, certified health coach and author of the popular gluten-free lifestyle site, *Sincerely Caroline* (formerly *The G-Spot Revolution*). Her writing and recipe development has been featured in several publications, including, *VegNews*, *Kiwi*, and *REDBOOK* magazines. She has been a long distance runner for more than 15 years and certified Pilates instructor for more than a decade. Caroline lives with her husband Dan and four adopted cats in Pittsburgh, Pennsylvania.