



FOR IMMEDIATE RELEASE

Manitoba Blogger Publishes Book on Living Gluten-Free

Steinbach, Manitoba -- February 4, 2013 – Jeanine Friesen, a Manitoba-based gluten-free recipe developer and food blogger, announced today that her new book *The Everything Guide to Living Gluten-Free: The Ultimate Cooking, Diet, and Lifestyle Guide for Gluten-Free Families* (Adams Media, March, 2013) is available for pre-order and will be released March 2013. Friesen is the founder and editor of www.thebakingbeauties.com, a pre-eminent source for gluten-free recipes.

"*The Everything Guide to Living Gluten-Free* covers a variety of topics for those looking at starting the gluten-free diet," Friesen said. "Whether it be due to celiac disease, a gluten intolerance, or to help alleviate a number of other symptoms, like ADHD, migraines, and rheumatoid arthritis."

With 1 in 20 people suffering from some degree of gluten intolerance and countless others interested in the health benefits of removing gluten from their diet, it's no wonder that the gluten-free lifestyle is on the rise. *The Everything Guide to Living Gluten-Free* is the perfect introduction to this lifestyle change.

Inside, you'll find guidance on making a stress-free switch to a gluten-free life, with valuable information on:

- Setting up a pantry to avoid cross-contamination.
- Finding gluten-free options when traveling.
- Selecting gluten-free health and personal care products.
- Enjoying restaurant dinners and parties.
- Helping children acclimate to the gluten-free lifestyle.

Plus, you'll find over 100 recipes for superb gluten-free dishes, like Beef and Broccoli Stir-Fry, Oatmeal Cinnamon Raisin Bread, and Baked Chocolate Doughnuts. Even including information for gluten-free vegans and vegetarians, this all-in-one guide is your indispensable resource for losing gluten for good!

"When I was diagnosed with celiac disease I could have wallowed in self-pity about what I was about to lose," Friesen said. "But I decided that I wouldn't let a gluten-free life rob me of the traditions I had grown up with, or the foods I really love. Much of what I have learned on my journey, and many of the recipes I've developed, can be found in this book."

About The Author

Jeanine Friesen is a recipe developer and freelance food writer from Manitoba, Canada. Her blog, www.thebakingbeauties.com, is a collection of gluten-free recipes that have helped her sustain a normal life after being diagnosed with celiac disease.

Jeanine's recipes have been featured on a variety of websites including EatInEatOut Magazine, Celiac Handbook, Simply Frugal in Canada, Gluten-Free Spinner, Healthy Blender Recipes, and Real Women of Philadelphia (Canada). Her gluten-free onion ring recipe was published in the "Foodista Best of Food Blogs Cookbook".

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