

## GI Websites and Reading Lists

### Websites:

- Celiac.com [www.celiac.com](http://www.celiac.com)
- GF Harvest/Gluten Free Oats Company [www.glutenfreeoats.com](http://www.glutenfreeoats.com)
- Gluten Free Gourmet [www.glutenfreegourmet.com](http://www.glutenfreegourmet.com)
- Gluten Intolerance Group [www.gluten.net](http://www.gluten.net)
- Go Dairy Free [www.godairyfree.com](http://www.godairyfree.com)
- Grain Free Gourmet [www.grainfreegourmet.com](http://www.grainfreegourmet.com)
- National Foundation for Celiac Awareness [www.celiaccentral.org](http://www.celiaccentral.org)
- The Gluten Free Mall [www.glutenfreemall.com](http://www.glutenfreemall.com)
- The Spunky Coconut [www.thespunkycocoanut.com](http://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, 4<sup>th</sup> 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 2<sup>nd</sup> Ed.* Compart & Laake
- *The Whole Life Nutrition Cookbook*, Alissa Segersten & Tom Malterre
- *The Yeast Connection*, William Crook