

GLEE! An Easy Guide to Gluten-Free Independence  
by Elizabeth Atkinson

Center Lovell author, Elizabeth Atkinson, will be debuting her non-fiction book, GLEE! An Easy Guide to Gluten-Free Independence, at MORNING DEW NATURAL FOODS (Bridgton) on Sunday May 24th at 1pm. Delicious gluten-free desserts will be served!

Gluten is a term referring to the storage proteins found most commonly in wheat, barley and rye. Millions of people throughout the world cannot digest gluten. This chronic condition, called Celiac Disease, never goes away. The only way to treat Celiac Disease is to eliminate gluten (wheat, barley, rye in all their forms) from one's diet an overwhelming burden on many levels in our wheat-eating world.

Elizabeth Atkinson, a children's novelist (From Alice to Zen and Everyone In Between and the upcoming Freke Family Reunion), researched Celiac Disease with a passion when her ailing teen daughter was finally diagnosed in 2006. Realizing there was nothing user-friendly for young adults and the newly diagnosed, Atkinson set out to write a quick, easy, upbeat guide to living without gluten. The result is GLEE! . . . a must-have survival guide for anyone living with Celiac Disease or for those individuals following a gluten-free diet due to other ailments.

Here's what the Experts are saying about GLEE!

"From its name to the information it offers, GLEE is overflowing with "gleeful" advice for young adults. Leaving the house can be a tough time for ANYONE but toss on top of that the added stress of maintaining a strict gluten-free lifestyle, and it can be downright overwhelming. GLEE is an upbeat, optimistic guide that helps young adults live a gluten-free lifestyle in a manner that they will revel, not rebel. Knowledge is power, and this book arms young adults with everything they need to be strong and confident in their gluten-free lifestyle."

DANNA KORN (author of Living Gluten-Free for Dummies, Kids with Celiac Disease, and founder of R.O.C.K.-Raising our Celiac Kids)

"An easy-to-read straight forward guide complete with personal anecdotes from the author. Just what your gluten-free child needs as they leave the nest. Consider two copies one to send off with your child and the other to keep at home when he or she calls with questions."

TRICIA THOMPSON, MS, RD (author of The Gluten-Free Nutrition Guide and co-author of CIG to Gluten-Free Eating)

GLEE! is published by Clan Thompson LLC of Bridgton, Maine, nationally recognized experts in the field of Celiac Disease and creators of gluten-free SmartLists . It is available for purchase from Amazon, Barnes & Noble, Clan Thompson, and distributed to bookstores by Ingram.