



## Living Gluten and Dairy-Free with French Gourmet Food: A Practical Guide

By Alain Braux

Alain Braux International Publishing, LLC. Paperback. Condition: New. 443 pages. Chef Braux demonstrates a vast knowledge of the gluten-free, casein-free diet, bringing together in one book not only how and why this diet works for both individuals on the Autism spectrum and for those diagnosed with Celiac disease, but also recipes, resources, and a concise shopping list. I highly recommend this book to anyone that would like to improve their health with the GFCF diet. Kecia Johndrow. Vice President. National Autism Association of Central Texas. Chef Alain Braux has done it again! This book will take you on a sweet escape: an escape to gluten and dairy-free heaven! His recipes, witty writing and clever tips will help you make a stress-free transition to the gluten and dairy-free lifestyle. This book is full of easy-to-read educational materials and resources to help you feel better. Whether you are newly diagnosed or have been gluten-free for 30 years, you will find yourself referring to this book time and time again. Jessica Meyer, Owner and Chef of ATX Gluten-Free. Alain Braux is an Austin-based award-winning Executive Chef, Nutritional therapist, author, speaker and consultant. With 40 years of experience in the food industry as a chef and 10 years...

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