

A Note

FROM THE AUTHOR

{DISCLAIMER}

The information on this site is not intended to be a replacement for a nutritionist's or doctor's dietary recommendations; nor is this way of eating as a treatment for medical conditions. The point of this book is to share what I have learned through research and experimentation when cooking gluten, dairy and soy free.

If you have or think you have allergies, sensitivities or intolerances to any foods, or if you have a medical condition that dictates your eating choices, consult a nutritionist or a doctor. Be sure to become well informed by doing your own research; knowledge on how your body works and why people get allergies and disorders is invaluable.

Through my own research I have been able to understand what my body is telling me. This gave me a big step forward; leading to a higher quality of living as I have become a happier person without the discomfort and side effects of allergies that would often exasperate my MS (multiple sclerosis).



All photographs are undoctored images of recipes that went from the kitchen, to my porch to be photograph and then to the table to be consumed by my family.

PLEASE NOTE: I encourage my husband and son to eat gluten, dairy and soy options when they can, so their bodies don't lose the ability to process those types of ingredients.