

# Living Gluten-Free for Dummies

Mention the title of this new book and you get an interesting range of reactions. Usually, a big smile and a comment like ‘Cool’ or ‘Wow! I want one!’ Sometimes, though, people frown or just look plain puzzled. A few, usually coeliacs, are mightily offended! ‘Dummies! Who, me?’

The seemingly unusual title is because the book is part of the highly successful *For Dummies* series, published by John Wiley. But the readers of *For Dummies* books are not dummies at all. They are intelligent people who are puzzled or frustrated by a particular topic. Their search for information has led them to books or articles in highly technical or academic language which makes them feel like dummies. Or they’ve only been able to find bits and pieces of information, often conflicting. So the *For Dummies* books are written in a light hearted, chatty style, with lots of subheadings, to make them highly readable.

The original *Living Gluten-free for Dummies* book was published in the USA in 2006. It was marketed in Australia but much of the information was not appropriate for Australian readers. When the publishers approached The Coeliac Society for a local author to write an Aussie version we could see enormous potential.



Margaret Clough

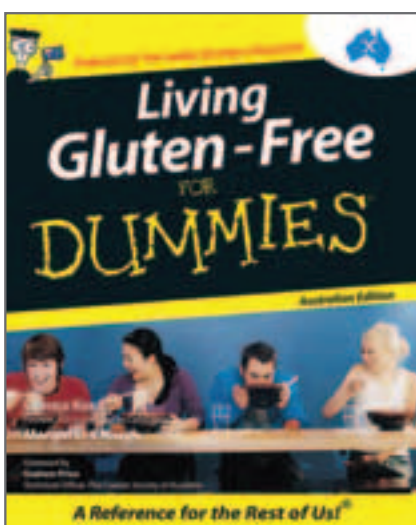
After all, we know that only one in five coeliacs has been diagnosed, that on average it takes five years to get a diagnosis, and that the world is full of confusions about gluten and coeliac disease. Here was a way for The Coeliac Society to further its goal of educating the wider community about coeliac disease. A way to get accurate information ‘out there’ where confusions abound.

Naively, I thought the task would be a simple one of adapting the US text for Australian readers. Like most of life’s

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**Living Gluten-Free For Dummies, Aus ed**  
Danna Korn, Margaret Clough

**Your guide to becoming gluten-free and healthy—the easy and tasty way!**

A practical guide to a diet free from wheat, rye, barley and oats. Packed with over 75 nutritious and tasty recipes, *Living Gluten-Free For Dummies, Australian Edition*, helps you make a smooth and successful transition to your new lifestyle.

Discover how to:

- spot the tell-tale signs of gluten intolerance
- relieve the symptoms of coeliac disease
- understand Australian food labelling
- cook tasty breakfasts, lunches and dinners
- order at restaurants and attend social functions
- deal with the emotional challenges of adopting a new diet and lifestyle.

challenges, it wasn't that simple! As a rather inexperienced author, I fell into just about every trap possible, had the inevitable computer crashes and lost files. Sometimes it was a real challenge to convey complex ideas simply and concisely. At times cyber space was thick with emails between me and the magnificent team in The Coeliac Society of Australia office in Sydney, who provided a huge amount of information and demanded absolute accuracy and clarity. Victoria Throp, who writes the Recipe section in *The Australian Coeliac* generously assisted with a great stack of recipes and cooking tips.

Now the book is in print, we're rather proud of *Living Gluten-Free For Dummies*. The enormous amount of work was worth it – and I have to say that I relished the experience of writing it. I hope you find it useful – and an enjoyable read!

*Margaret Clough*

“Margaret Clough is the ideal author of this new book. She has had many years experience as a primary school principal and is an expert in the English language and communication. She was diagnosed with coeliac disease over 20 years ago, in the ‘Dark Ages’ when labelling information was mostly non-existent and gluten free bread often meant gluten free bread crumbs. She has had experience in administration as President of The Coeliac Society of Australia Inc. and is currently the Travel Editor of *The Australian Coeliac* magazine. Her writing style is fresh, to the point and always displays a sense of humour.”

From the book's foreword by Graham Price, Technical Officer, The Coeliac Society of Australia Inc.

Living Gluten-Free For Dummies, Australian Edition is a very worthwhile resource and not only for members. It would be excellent for family and friends to learn more about coeliac disease and the gluten free diet. It is easy to read and has over 75 tasty and easy recipes so giving a copy to a friend or relative may mean that you will be very well catered for. An order form is enclosed and by purchasing your copies from your state Society you will also be helping to support The Coeliac Society.

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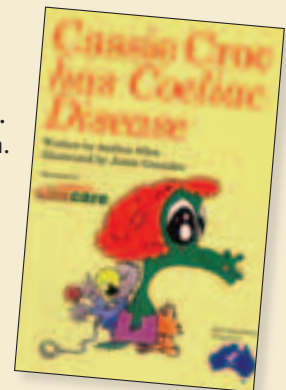
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## Cassie Croc has Coeliac Disease

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