

# Gluten Free & MORE

<http://www.glutenfreeandmore.com>

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## Living Without's **Gluten Free & More** is your guide to living well with food allergies.

On a gluten-free diet? Need information on celiac disease? Looking for gluten-free recipes?

Living Without's Gluten Free & More has the answers, the support, the food and recipes to let you enjoy a healthy and meaningful life. The leading magazine and website for people living with food allergies, Living Without's Gluten Free & More features delicious recipes, diet advice and invaluable medical information.

Gluten-Free and Dairy-Free Recipes  
The Latest Research on Allergies  
Kids and Allergies  
New Gluten-Free Food Products

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Questions for Your Allergist and Doctor  
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