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Gluten intolerance and food allergies are seen through the eyes of a child in *Free To Be--Gluten-Free!* Symptoms of celiac disease and gluten intolerance can be troubling and confusing. Written by a mom who walked this path with herself and her children, this book is sure to provide information, comfort, and laughs to children of all ages. From illness to wellness, a young boy discovers that his foods are making him ill, but by pushing away a persistent and persnickety gluten monster, he feels amazing! Gluten-free tips and recipes for the whole family are included. This is a book that shows you can eat gluten-free healthy foods, not just safe junk foods. Drawings of healthy new foods show children that eating gluten-free can be fun and delicious.

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