

## **New cookbooks "Without gluten and casein, please".**

*By Ileana PÃ©rez Ortiz*

*Dated: Jan 21, 2008*

*For children with autism, hyperactivity and celiac disease.*

Fajardo, Puerto Rico-"Without gluten and casein, please," is the first cookbook by Mrs. Ileana Perez, with more than 40 recipes based on the known gluten and casein free diet.

This diet is highly recommended for people diagnosed with autism, hyperactivity and celiac disease, for its benefits.

"Without gluten and casein, please", will help you prepare varied recipes ranging from breakfast as Pancakes with coconut milk to desserts and beverages which include "smoothies" and biscuits.

It also include a list of ingredients and / or food allowed, as well as links to the diet.

As a mother of a child with autism and hyperactivity, she has seen the positive benefits of this diet in her child's behavior, and has compiled some of the many recipes gluten and casein free diet, which have been the favorite of his son and the rest of the family.

To purchase the book "Without glutÃ©n and casein, please," Access [lulu.com/content/1772391](http://lulu.com/content/1772391) or email: [iperez104@gmail.com](mailto:iperez104@gmail.com)

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