

## Chief Editor, Alisa Fleming

As the founder of GoDairyFree.org, Alisa works as the chief editor and lead author for the site's content. She is also the author of Go Dairy Free: The Guide and Cookbook for Milk Allergies, Lactose Intolerance, and Casein-Free Living and its predecessor, Dairy Free Made Easy.

In addition to reviewing hundreds of food products, writing thousands of articles on special diet living, fielding daily questions from inquiring dairy-free consumers, and freelance writing for other organizations, Alisa is co-founder of a publishing company focused on health and good food. In her "spare" time, she also keeps a personal blog (also dairy-free) called One Frugal Foodie.

If you have any questions about Go Dairy Free or dairy-free living, or if you need expert information for an article, simply email Alisa.

“Though I didn't consume milk products for the first twenty-some-odd years of my life due to a milk allergy, I was encouraged by doctors to make the dairy plunge. This tragic mistake not only threatened my life, but it also brought a new challenge forth, becoming dairy-free again. Traveling this road as an adult, void of those natural childhood instincts, I researched health information, trialed recipes, and adventured new foods. One day it dawned on me that others may have use for the hundreds of pages of information (literally) that I had organized...and thus, GoDairyFree.org was born.”