

Writer, Mike Eberhart

Mike is a key contributor to the gluten-free community. Never to overlook a special diet need, he crafts many recipes and product reviews for those who also must follow a dairy-free lifestyle. We all enjoy his regular updates at the Gluten-Free blog.

“I, like all other gluten-free / Celiac persons, want to live life to the fullest and not feel encumbered by the dietary restrictions of a lifelong disease. And, through publishing a book of Gluten-Free & Wheat-Free Gourmet Desserts, and also making available public discussions and recipes pertinent to Celiac sufferers, I hope to help others enjoy their lives while living gluten-free -- just as I enjoy my life. I have been gluten-free for over 4 years now, and truly feel I am missing nothing compared to my pre-Celiac days, thanks to the wonderful foods my wife creates for me, and the online support and information sharing enabled by the modern Internet.”