

Grayson's Way Offers Recipe Solutions to Gluten-Free, Casein-Free Dieters

Fort Wayne, IN (01/19/2008) - Grayson's Way, LLC announces the availability of "Grayson's Way - Family-Style Cooking for Dietary Limitations" a new cookbook, written by Jerri Mead and Ruthie Ilnicki, designed to assist families in transitioning to Gluten-Free, Casein-Free & No Refined Sugar eating. Author Jerri Mead has Celiac-Sprue disease and has a young child with Autism. Her family has been on this diet for over 7 years and she knows first-hand how difficult it can be to thrive on these restrictions in today's society. For that reason, Ms. Mead attended culinary classes at night, after spending her days leading her busy legal practice, in order to understand the science of cooking...

The United States Center for Disease Control (CDC) has reported that 1 in 150 children have been diagnosed with Autism. To make matters worse, there is no consensus within the medical or scientific professions about the cause of Autism or its treatment. In recent years, many physicians, homeopaths and parents themselves have discovered that diets that are free from gluten and casein have improved the behavior and development of children with Autism. This diet has become known in some circles as the "Autism Diet".

Some forward-thinking people have also discovered that the preservative-laden sugar-filled foods so prevalent in our culture today are also hindering our children's ability to progress.

People with other disorders such as Celiac-Sprue disease (a form of Gluten intolerance) also benefit greatly from such a diet.

According to Jerri Mead, "The book is called Grayson's Way because this is the way that my son, Grayson, will need to eat for probably the remainder of his life. It's designed to transition the entire family to gluten-free, casein-free, no refined sugar eating. I believe that in order to be successful, the entire family must follow the diet, at least while in the house. Children with disabilities are already reminded too often that they are different. I did not feel comfortable doing that inside our home as well. Anyway, cooking one meal nowadays, is difficult enough. My husband can attest that he is getting better meals now than he did before we went on the diet, with very few accommodations"

Initial feedback on the book from customers has been very enthusiastic. Customer Nancy F. from Fort Wayne wrote:

When I saw Grayson's cook book at Mitchell's, I knew I had found a treasure. My 11-year old grandson has Asperger's and has been on the G-F, C-F diet since May.

His all time favorite meal is Chicken and Noodles. Needless to say, the corn pasta we have been substituting just hasn't satisfied him.

I made your noodle recipe this A.M. and it was fab. I can't wait for him to come next week and see his face when I serve him REAL noodles....thank you thank you thank you

Bless you for sharing your knowledge with those of us who struggle to serve healthful and tasty meals for our special children...I really enjoyed your Forward; I learned so much and feel more confident as I venture into this G-F, C-F world.

More information can be found at the Grayson's Way website. Grayson's Way is available online at Amazon.com and Lulu.com. Additional brick and mortar distribution for the cookbook is being worked on, but as of today the book is available in Fort Wayne, Indiana at The Health Food Shoppe (3515 N. Anthony Blvd) and Mitchell's Books (6360 W. Jefferson Blvd).

Queries regarding the book can be sent to Jerri Mead at Jerri@Graysonsway.com

Sample Recipe from Grayson's Way: Basic Cookie Recipe
Yield: 1 dozen
350 degree oven.
1 egg
1 cup granulated maple sugar
1 cup nut butter of choice
Roll into walnut-sized balls.
Place staggered on sheet pan.
Bake until done.