

New Gluten & Dairy Free Informative Segments on You Tube

Gluten-free, dairy-free (GFCF) cooking expert, Jean Duane, Alternative Cook www.alternativecook.com just posted several helpful segments on You Tube. In these new segments, she discusses some amazing statistics about gluten and dairy intolerance in America, new alternative flour combinations to use instead of wheat flour, what to substitute in recipes for dairy and eggs, other names for gluten and dairy and how to make authentically tasting, delicious foods 'without'. If you've been recently diagnosed, take heart. Jean is here to help guide you through 'living deliciously with alternatives'. (To find the segments, please search on "Alternative Cook".) ...

Centennial, CO (PRWEB) December 18, 2008 -- Over 90 million Americans have some form of gluten sensitivity and one in every four are intolerant to dairy products - yet most are undiagnosed. Many who suffer with chronic illness may simply be reacting negatively to the foods they are eating. Gluten, a protein found in barley, wheat, rye, oats and spelt can only be traced back 10,000 years and humanity has been on earth about 1 million years. Humans didn't evolve eating gluten. Casein is a protein found in dairy products. People who think they are lactose intolerant may actually be reacting to the protein rather than the sugar (lactose) in dairy products. Protein reactions can be severe and can cause long-term health problems.

These new video segments on You Tube offer help for people who need to learn more about this way of eating. "It isn't too hard to do, once you learn a few things", says Jean Duane, "and since I live this lifestyle, I am here to help." Jean makes it easy by showing how to mix different flours, milk and egg substitutes that work well in recipes to make baked items that taste as good as their wheat and dairy counterparts. She shines a new light on this lifestyle - focusing on abundance and delicious alternative foods.

The Alternative Cook helps those who have been diagnosed with Celiac Disease, Autism, Crohn's Disease, IBS, ADD, ADHD, gluten and dairy intolerance. Children with Autism reportedly improve on the Spectrum when following a gluten-free, casein-free diet. Nursing mothers can reduce colic in their babies when following this type of diet.

About Alternative Cook:

Alternative Cook offers cooking instruction on DVD, video streams and in a cookbook. The Mexican, Italian and Kids' Meals DVDs provide 90 minutes of cooking instruction and show how to make six different meals. The Chocolate DVD shows how to make chocolate treats you may have thought were a thing of the past on this diet. Each DVD includes a recipe booklet, so you don't need a DVD player in the kitchen! For more information, please visit www.alternativecook.com.