

## Go Dairy Free the Guide and Cookbook in the Media!

After years of running GoDairyFree.org, it was inevitable that a book must follow. Thus, at the end of 2008, I finally published Go Dairy Free: The Guide and Cookbook for Milk Allergies, Lactose Intolerance, and Casein-Free Living. As a small book and online media publisher, I count a great deal on word of mouth for letting people know about both the website and the book. And to be honest, I have been thrilled and overwhelmed by the positive response. In April, Go Dairy Free was featured by VegFamily, the premier online magazine for vegan family living, and Foods Matter, a UK publication (also available as an eMagazine for those in the U.S.) dedicated to food allergies and intolerances.

Go Dairy Free is also slated for mention in a lactose intolerance article I was interviewed for with Today's Diet and Nutrition (my favorite magazine!), and was featured in Nava Atlas's Newsletter. If you don't know Nava, she is a very popular and amazingly talented book author and artist. I was incredibly honored to be contacted by her.

My work is not done though; I have many more plans for sharing on the horizon. A big list of helpful articles and recipes are on the forefront of my agenda. You can keep updated with both here on GoDairyFree.org and on my personal blog, One Frugal Foodie. I am also very excited about working more with magazines, readers, and fellow bloggers!

If you have any questions for me, or would like to share some of your own recipes, reviews, and/or stories, please feel free to contact me via our contact page. I do respond to all emails.

As a side note: I have received many inquiries about the availability of Go Dairy Free outside of the U.S. It is definitely available in many countries, just see the book's information page for links to purchase. Also, it is available in an eBook format that can be purchased and downloaded just about anywhere in the world.