

Resources for Special Diets

Gluten-free

Celiac Disease Foundation: <https://celiac.org>

Beyond Celiac: www.beyondceliac.org

Simply Gluten-free Magazine & website: <https://simplygluten-free.com>

Elana's Pantry (allergy friendly recipes): <https://elanaspantry.com>

Dairy-free

The Spunky Coconut (allergy friendly recipes): www.thespunkycocoanut.com

Go Dairy Free: www.godairyfree.org

Paleo

Nom Nom Paleo: <http://nomnompaleo.com>

Robb Wolf website & podcast: <http://robbwolf.com>

Balanced Bites website & podcast: <http://balancedbites.com>

Functional Medicine

Institute for Functional Medicine: www.functionalmedicine.org

Dr. Akil Palanisamy: <http://doctorakil.com>

Chris Kresser: <https://chriskresser.com>

Heart Health

American Heart Association: www.heart.org

The Cholesterol Myth website & book: www.drsinatra.com/the-great-cholesterol-myth

The Big Fat Surprise (book): <http://thebigfatsurprise.com>