



Living Gluten and Dairy-Free with French Gourmet Food: A Practical Guide

Chef Alain Braux

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Living Gluten and Dairy-Free with French Gourmet Food: A Practical Guide Chef Alain Braux
Award-Winner in the 'Health: Diet & Weight Loss' category of the 2013 **International Book Awards**.
Winner of the Cookbook category at the 2011-2012 **Los Angeles Book Festival**.

Winner of the 2011 **Indie Excellence Book Award** in the Nutrition category.

Winner of the 2011 **Paris Book Festival** in the Cookbook category.

Honorable Mention at the 2011 **New York Book Festival**.

"Chef Braux demonstrates a vast knowledge of the gluten-free, casein-free diet, bringing together in one book not only how and why this diet works for both individuals on the Autism spectrum and for those diagnosed with Celiac disease, but also recipes, resources, and a concise shopping list. I highly recommend this book to anyone that would like to improve their health with the GFCF diet."

- **Kecia Johndrow**, Vice President, National Autism Association of Central Texas

"Chef Alain Braux has done it again! This book will take you on a sweet escape: an escape to gluten and dairy-free heaven! His recipes, witty writing and clever tips will help you make a stress-free transition to the gluten and dairy-free lifestyle. This book is full of easy-to-read educational materials and resources to help you feel better. Whether you are newly diagnosed or have been gluten-free for 30 years, you will find yourself referring this book time and time again. "

- **Jessica Meyer**, Owner and Chef of ATX Gluten-Free

Alain Braux is an Austin-based award-winning Executive Chef, Nutritherapist, author, speaker and consultant. With 40 years of experience in the food industry as a chef and 10 years as a nutritherapist, Chef Braux is the Executive Chef at People's Pharmacy where he focuses on the creation of gluten/dairy-free and low-sugar dishes for clients with specific conditions such as Celiac disease, ADD/ADHD, and assorted food allergies.

Recently diagnosed with gluten intolerance, Chef Braux wanted to share his knowledge as a nutritherapist and experience as chef to help other people to deal with this modern affliction. He helps you understand what is gluten intolerance and Celiac disease; explains how a gluten and dairy-free diet could positively affect a child with autistic spectrum disorder; offers lists of organizations and groups able to help you with celiac disease and autism; gives you an extensive listing of hidden sources of gluten and dairy additives and a complete shopping list of gluten and dairy-free products. To finish it all, Chef Braux offers you more than 80 GFCF recipes to help you get started on your way to a healthier life.

Chef Braux is also the owner of A Votre Santé, a small business offering personalized diet plans for people with assorted conditions such as cancer, Celiac disease, gluten and dairy-free allergies. Chef Braux creates customized diets for diabetic clients, ADD/ADHD children, and clients with assorted food allergies. He also

lectures on the foundation of good health through appropriate nutrition; he teaches hands-on classes on how to prepare gluten-free/dairy-free baked goods and desserts and has cooking classes based on this book.

Chef Braux is a Certified Executive Pastry Chef with the American Culinary Federation, a Certified Master Baker with the American Bakers Association, is a macrobiotic counselor and has earned a Bachelor of Science degree in Holistic Nutrition with the Clayton College of Natural Health.

For more information, visit alainbraux.com

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