

**Free seminar : wheat-free, gluten-free lifestyle by Bfarbara Nielsen, gluten-free consultant.**

**Contributors**

Nielsen, Barbara.  
Mother's Market & Kitchen.

**Publication/Creation**

Costa Mesa : Mother's Market & Kitchen, 2005.

**Persistent URL**

<https://wellcomecollection.org/works/dycxhbnz>

**License and attribution**

Conditions of use: it is possible this item is protected by copyright and/or related rights. You are free to use this item in any way that is permitted by the copyright and related rights legislation that applies to your use. For other uses you need to obtain permission from the rights-holder(s).



Wellcome Collection  
183 Euston Road  
London NW1 2BE UK  
T +44 (0)20 7611 8722  
E [library@wellcomecollection.org](mailto:library@wellcomecollection.org)  
<https://wellcomecollection.org>





## FREE SEMINAR

# Wheat-Free, Gluten-Free Lifestyle

*By Barbara Nielsen, Gluten Free Consultant*

Welcome to a guide who can give you the tools to successfully adjust to gluten-free living. Embarking on this healthful adventure requires some adjustment to your lifestyle. There are many hidden sources of gluten and it is not easy to tell which foods are safe. The good news is that, with guidance, gluten-sensitive individuals can feel comfortable shopping, dining out and socializing around food. The bonus will be improved health and vitality.

### **DISCUSSION TO INCLUDE:**

- *Providing educational tools for accessing gluten-free food*
- *Clarifying the fine points of a gluten-free diet*
- *Demonstrating how to shop at your favorite store*
- *Teaching you how to fit gluten-free living into your social life*

**When:** January 12, 2005 - Wednesday Evening  
6:30 pm to 7:30 pm

**Where:** Mother's Patio Cafe - (in Costa Mesa)

**RESERVATIONS A MUST!**

Call (800) 595-6667

The advice & informational content of seminar does not necessarily represent the views of Mother's Market & Kitchen. Mother's recommends consulting your health professional for your personal medical condition