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FOR IMMEDIATE RELEASE

NEW COOKBOOK MAKES IT EASY TO GO DAIRY AND GLUTEN FREE

Dairy and gluten-free chef, Doctor Meg Haworth, Ph.D., has released a first-of-its-kind cookbook, *Done with Dairy – Giving Up Gluten: 14 Days to a Delicious and Healthy You*, offering an easy solution to those who may be suffering from dairy or gluten intolerance. Due to overuse and issues of processing and production, gluten and dairy may represent the most common sources of food allergy in America today, causing untold numbers unnecessary suffering. A myriad of digestive, skin and behavioral conditions may be caused by food allergies, including celiac disease and lactose intolerance.

The new cookbook, available for purchase for \$19.95 through her website, Delicious And Healthy (<http://www.DeliciousAndHealthy.com>), offers 14 days of dairy-free, gluten-free breakfast, lunch, dinner and dessert recipes, to support an easy, complete gluten and dairy elimination. Says Doctor Meg, "An estimated 43 million people suffer needlessly from food allergy, and many are not aware that merely changing their diet can dramatically improve their life, in even just two weeks. However, most people are too overwhelmed with what they'd eat to even begin – that's why I created the 14-Day Cookbook."

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The cookbook features recipes for foods many would not imagine that could be prepared gluten-free and dairy-free, including such favorites as pizza, lasagna and chocolate chip cookies as well as more gourmet fare such as creamy butternut squash soup with seared sage. In addition to the more than 50 delicious recipes, which can also be used independently of an elimination challenge, the cookbook is also a gluten-free and dairy-free living guide. Information is included explaining common gluten and dairy substitutes, exploring common substitute brands, offering shopping advice and more.

Doctor Meg Haworth, Ph.D is a 13-year veteran of gluten-free and dairy-free cooking. In order to heal more than a dozen illnesses in her own body due to severe food allergies, she was forced to change her diet literally overnight. Her quest to continue to eat the best birthday cake, pizza and chocolate chip cookies sent her into the kitchen. In addition to cooking for herself, she spent four years as a bed & breakfast owner where she perfected, tested, and taught gluten-free and dairy-free cooking.

In addition to her work through Delicious and Healthy, Doctor Meg is also a featured chef on the hit Internet cooking channel, Eat, Drink or Die (http://EatDrinkorDie.com/meg_haworth_2), a franchise of Will Ferrell's Funny or Die. She shares three-minute videos on how to make some of her unbelievably delicious and healthy recipes. Doctor Meg is also available in private practice in Marina del Rey, CA or via telephone worldwide for food coaching and related private services.