



# **Is Gluten Hiding in Your Shampoo?: It Was Hiding in Mine! (eZ Gluten-Free Life Handbooks) (Volume 2)**

*Marian Z Geringer*

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## **Is Gluten Hiding in Your Shampoo?: It Was Hiding in Mine! (eZ Gluten-Free Life Handbooks) (Volume 2)** Marian Z Geringer

Is Gluten Hiding in Your Shampoo? It Was Hiding in Mine! is a detailed gluten-free shopping guide with over 2,400 personal care products. Why take the risk of being exposed to gluten, when using this easy-to-use handbook can protect you? This handbook will help you avoid products containing gluten and recommend products that are gluten-free. Have you considered how easily a person can be exposed to gluten if it is in hand lotions, sunscreen, shampoos, etc? Gluten can and often does affect people's digestive system but did you know it can cause skin issues also. Dermatitis Herpetiformis is a disease similar to Celiac but instead of affecting the digestive system it causes clusters of watery, itchy blisters. Doctors are also linking skin issues such as; eczema, psoriasis, and undetermined rashes to topical gluten exposure. This handbook includes: Basic Gluten Facts List of over 200 gluten containing ingredient names used in personal care products. Personal Care Products Categorized by Type, Brand, and Item (detailing if the product is gluten-free or if it contains gluten and/or whether it is undetermined) Categories include but are not limited to: medication, dental products, body lotion, soap, hair products, skin care, nail products, deodorant, sunscreen and cosmetics Men's Personal Care Products (including lotions, soaps, condoms, deodorant, facial products, and shaving products) Marian Z Geringer shares her insights about transitioning and living a gluten-free lifestyle with you. She is a gluten-free consultant, which has added to her understanding of the challenges people go through living a gluten-free lifestyle. Marian and her family know what it means to live a 100% gluten-free life. Marian has written two other handbooks: Gluten-Free Living 101: A Step by Step Guide (coming out mid-December 2013) Is Gluten Hiding in Your Kid's Things? guiding parents and/or guardians through the world of gluten-free living.

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