



## **Active Aging spokesperson Launches First Book, Is Gluten Free 4 Me? – 21 Tasty Recipes**

**Tips for Gluten Free & Diabetic Diets**

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**IMMEDIATE RELEASE**

**Dana Point, CA, January, 28, 2014** Joyce Goodman, Active Aging spokesperson and Owner of the Bounce 2 Health, Wellness Center in California, is releasing her first book - "Is Gluten Free For Me"? – 21 Tasty Recipes. Having lost her son to a long battle with diabetes, Joyce made it her mission to help educate people on food and the effect it has on the body.

This book is filled with in-depth information on gluten free and low glycemic foods and the effect these foods have on the body's metabolism. In addition, there are 21 easy to follow recipes plus several bonus recipes. This Kindle book also offers links to cooking demonstration videos. With an insightful forward written by Ladd McNamara, M.D., "Is Gluten Free For Me?" has valuable information that will help people understand how the foods they choose to eat affects their health and wellness.

If you are a diabetic, gluten intolerant or want to lose weight, this book is a great way to start. Ms. Goodman is a certified health and fitness coach as well as an Active Aging spokesperson who has decades of teaching and coaching experience.

With parents and grandparents who were born in Hungary, food has always played an important part in Joyce's life. She brings a lot of European flavors into her recipes and has made them healthier.

So, with a lot of great information, much experience, delicious recipes and a dash of humor, this book has come to fruition. Currently released in a Kindle version which can be ordered now on [Amazon](http://Amazon). For a limited time the book will be available for free January 30<sup>th</sup> through February 3<sup>rd</sup>, 2014. The ASIN# B00I1KPU3S