

JULY'S

# LIVING WITHOUT

A LIFESTYLE GUIDE  
FOR PEOPLE  
WITH ALLERGIES  
AND FOOD  
SENSITIVITIES

The BEST  
**GLUTEN-FREE**  
Recipes

Achy Joints?  
Nightshades May  
Be to Blame

10 Top  
**SUPER FOODS**  
For People with Allergies

## Sensitive Beauty

The Gluten-Free Savonnerie offers a range of personal care products, including soaps, shampoos, conditioners and other beauty items, that are entirely gluten free. We liked the moisturizing lotion, a rich cream containing a subtle infusion of non-greasy jojoba and avocado oils. It's hypoallergenic and free of gluten, casein, soy, nuts, fragrance and colorants. Contact this family-owned company for a complete list of product ingredients. 888-6GF-SOAP [www.gfsoap.com](http://www.gfsoap.com)

