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Going gluten-free abroad focus of author

SOMEONE YOU SHOULD KNOW

by STEVEN JAGORD



Sember

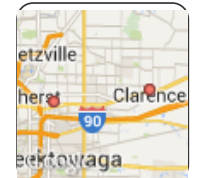
During the past few years, you may have noticed how the burgeoning gluten-free foods industry has become more main stream in society. From aisles in supermarkets devoted to providing gluten-free products, to restaurants that offer an exclusively gluten-free menu, there has been more awareness about Celiac Disease — an autoimmune disorder of the small intestine that is exacerbated by having gluten in the diet.

According to the Celiac Disease Foundation, the disorder affects 1 in 100 Americans and more than 2.5 million are undiagnosed and at risk of long-term health complications.

Gluten is commonly found in starchy foods such as breads and pastas. It may take time to adjust to a new diet once diagnosed with CD, but according to [Clarence](#) resident and author Brette Sember, its not impossible.

“It’s a scary change at first because it seems like there are many things you can’t eat,” Sember said. “Many things are off the table, but as you do your research you realize you can make nearly anything without gluten — just with different ingredients.”

Where's the story?



2 Points Mentioned

After cooking gluten-free for her family, Sember’s and her husband began to feel an improvement in their bodies’ energy and overall health. And while the change in diet had become manageable at home, out in the community was another story.

“I learned cooking at home was not hard but eating at restaurants, I realized many were not accommodating and didn’t understand our needs,” Sember said. “Over time, we found that some local restaurants have gluten-free menus, but when you travel you’re out of your comfort zone.”




And that became the crux for Sember’s latest e-book, *The Gluten-Free Guide to Travel*. Sold exclusively as a Kindle download on Amazon.com and at www.brettesembler.com, the guide helps people who have been or will face the predicament of wanting to travel and adhere to gluten-free living.

The e-book includes information about gluten-free hotels, cruises, tours and excursions, what to pack and how to prepare, as well how to locate gluten-free food in restaurants while traveling.

“It’s based on our own experience traveling in the U.S. and outside the country,” Sember said. “You get anxious about travel when you have a dietary restriction and you don’t know if what you’re going to eat is safe. Hopefully this helps people.”

(Story ideas for this feature can be sent to Steve Jagord, [Clarence](mailto:Clarence@Bee.com) Bee Editor, Bee Publications, [5564 Main St.](http://5564MainSt.com), [Buffalo, NY 14221](http://Buffalo,NY14221.com) or by calling 204-4921.)

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