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**ALLERGY RESOURCES**  
(this is a starter list - not comprehensive)

**MAIL ORDER FOODS:**

Miss Robens 1-800-891-0083 [www.allergygrocer.com](http://www.allergygrocer.com)  
Kinnikinnick Foods 877 503-4466 [www.kinnikinnick.com](http://www.kinnikinnick.com)  
Gluten Free Mall [www.glutenfreemall.com](http://www.glutenfreemall.com)  
Cause You're special Inc 815 877-6722 [www.causeyourespecial.com](http://www.causeyourespecial.com)  
Ener-G Foods 1-800-331-5222 [www.ener-g.com](http://www.ener-g.com)  
Dietary Specialties 1-800-MENU123 [www.dietspec.com](http://www.dietspec.com)  
Traceys Treats <http://www.traceystreats.com>  
Better Batter <http://www.betterbatterglutenfreeflour.com/>  
The Natural Food Exchange in Stoneham, MA (3 Central Square,  
1-781-438-8498) uncontaminated oats

**LOCAL FOOD STORES:**

**Whole Foods**

150 Ledge Road  
Darien, CT 06820  
(203) 662-0577

90 E. Putnam Avenue  
Greenwich, CT 06830  
(203) 661-0631

399 Post Road West  
Westport, CT 06880  
(203) 227-6858

**Mrs. Green's**

1916 Post Road  
Fairfield, CT 06824  
(203)255-4333

950 High Ridge Road  
Stamford, CT 06905  
(203) 329-1313

**Nature's Temptation**

32 Prospect Street  
Ridgefield, CT 06877  
(203) 438-5443

There is a woman who bakes gfcf food that is available through the store.

Center for Integrative Health, LLC  
Nancy H. O'Hara, MD & Gail M. Szakacs, MD  
3 Hollyhock Lane Wilton, CT 06897  
Tel: 203-834-2813 Fax: 203-834-2831



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**Chamomille Natural Foods Store**

58 Newtown Road  
Danbury, CT 06810  
(203) 792-8952  
Will do special orders if requested

**Sunwheel Health Foods**

444 Main St  
Monroe, CT 06468  
(203) 268-2688

**Catch a Healthy Habit Café (Raw/Vegan)**

39 Unquowa Road  
Fairfield, CT 06824  
(203) 292-8190

**The Stand Juice Company (Raw/Vegan)**

31 Wall Street  
Norwalk, CT 06850  
(203) 956-5670

**BOOKS/COOKBOOKS:**

*"Cooking Free", or "Special Diet Solutions"*, Carol Fenster (also *"Special Diet Celebrations"* and *Gluten free 101*)

*"The Gluten-Free Gourmet-Living Well Without Wheat"*, Betty Hageman (and any other Hageman Books)

*"Special Diets for Special Kids"* Lisa Lewis

*"The Feel Good Food Guide"* Deborah Page Johnson

*"Food Allergy Field Guide: A Lifestyle Manual for Families"*, Theresa Willingham

*"The Complete Allergy Self Help Cookbook"*, Marjorie Hurt Jones RN

*"Five Years without Food: The Food Allergy Survival Guide"*, Nicolette Dumke

*"Breaking the Vicious Cycle"*, Elaine Gottschall

*"Gut and Psychology Syndrome"*, Natasha Campbell-McBride

*"Raising Your Child Without Milk"*, Jane Zuckin

*"Sully's Living Without"*. Subscription info: (630) 415-3378

**ORGANIZATIONS:**

Food Allergy Network 1-800-929-4040

Celiac Sprue Association of America 402-558-0600

Gluten Intolerance Group of North America (206) 246-6652

Autism Network for Dietary intervention ([www.AutismNDI](http://www.AutismNDI))

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WEBSITES:

Gluten/casein free: [www.gfcfdiet.com](http://www.gfcfdiet.com)  
Gluten/casein free: [www.tacanow.com](http://www.tacanow.com)  
GFCF on a Budget - Talk About Curing Autism (TACA): [www.gfcf-diet.talkaboutcuringautism.org](http://www.gfcf-diet.talkaboutcuringautism.org)  
Gluten-free Mall: [www.glutenfreemall.com](http://www.glutenfreemall.com)  
Allergy Grocer: [www.allergygrocer.com](http://www.allergygrocer.com)  
Vance's Foods: [www.vancesfoods.com](http://www.vancesfoods.com)  
Domata Living Flour: [www.domatalivingflour.com](http://www.domatalivingflour.com)  
Sean's Food: [www.seansfood.com](http://www.seansfood.com)  
Kinnikinnick Foods:  
<http://consumer.kinnikinnick.com/index.cfm/fuseaction/consumer.home.html>  
Milk allergy [www.panix.com/~nomilk](http://www.panix.com/~nomilk)  
Dairy free [www.godairyfree.org](http://www.godairyfree.org)  
Soy allergies [www.geocities.com/HotSprings/4620/#TOP](http://www.geocities.com/HotSprings/4620/#TOP)  
General info and links <http://users.bigpond.net.au/allergydietitian/index.html>  
[www.foodallergy.org/index.html](http://www.foodallergy.org/index.html)  
[www.foodallergies.net](http://www.foodallergies.net)  
[www.nidlink.com/~mastent](http://www.nidlink.com/~mastent)  
Food Allergies and Children <http://users.aol.com/katherinez/kath2.htm>  
Body Ecology Diet: [www.bodyecologydiet.com](http://www.bodyecologydiet.com)  
Specific Carbohydrate Diet: [www.pecanbread.com](http://www.pecanbread.com)  
Specific Carbohydrate Diet: [www.digestivewellness.com](http://www.digestivewellness.com)

INTERNET SITES: *Note-Internet sites are not regulated and may contain a combination of both fact-based and questionable information. NEVER use it to replace a trained health professional!*

***The above is intended as information and does not represent the only options in addressing this problem. Please contact your primary physician prior to beginning any treatment.***