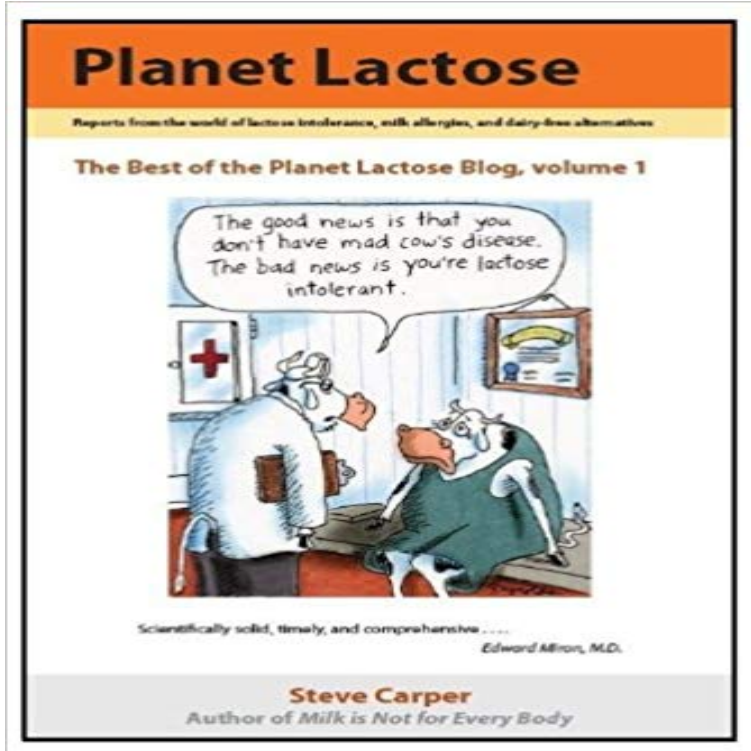


Planet Lactose: The Best of The Planet Lactose Blog, volume 1



Steve Carper is the Internet's leading expert on lactose intolerance. He learned he was lactose intolerant back in 1978 when the condition was virtually unknown. With no books or resources readily available, he plunged into the necessary research and wrote *No Milk Today: How to Live with Lactose Intolerance* in 1986. There was still more to be learned, so he followed that in 1995 with the larger and definitive book on the subject, *Milk Is Not for Every Body: Living with Lactose Intolerance*. A pioneer on the web, he started Steve Carper's Lactose Intolerance Clearinghouse in 1997. He's answered thousands of questions from readers in more than 30 countries. Today his Planet Lactose Blog (planetlactose.blogspot.com) is similarly acclaimed for solid medical information and carefully researched facts. Carper covers the varied but overlapping worlds of the milk allergic, vegans, those keeping kosher, and parents whose children require dairy-free nutrition, as well as the lactose intolerant. This collection of the Best from the Planet Lactose Blog is a compact source of knowledge about living dairy free, from the basics to the totally unexpected. His wit shines though with amusing notes of sarcasm and blunt fact-telling that will not only leave you feeling better educated, but also entertained.

Alisa Fleming
Scientifically solid, timely, and comprehensive -- Edward Miron, M.D.

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