

**Gluten-Free Living**  
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**Writers' Guidelines**

*Gluten-Free Living* is an authoritative source of information on all aspects of the gluten-free life. Our approach is positive and upbeat. Although we appreciate the challenges involved in gluten-free living, we assume the gluten-free life is doable and even enjoyable. We avoid “downbeat” articles such as scary and unfounded dietary advice and we never use the term “celiac sufferer” or similar phrases.

Our readers either have celiac disease, take care of someone who does, or they follow a gluten-free diet for another reason. Some of our readers are allergic to wheat. *Gluten-Free Living* is also read by health professionals who care for celiac patients or who are interested in the disease and by people in the food industry who specialize in gluten-free products.

Our mission is to provide readers with reliable, helpful information that eases their gluten-free life. We accept articles on almost any aspect of the gluten-free life including diet concerns, lifestyle issues, food matters, ways to make the gluten-free life easier, etc. In all cases, we want to be sure our readers have something to gain by reading the articles we publish.

We do not publish material readily available in the popular press or material that has already appeared in other celiac-related publications.

We avoid material our readers already know. This would include “diagnosis” stories since readers have their own stories. The only exceptions would be those that have an object lesson or are particularly unusual (really unusual!)

While our issues are read by health care professionals, we write for the average reader coping with the consequences of having to live gluten free.

We do not publish poetry, fiction or medical information not grounded in fact or supported by current research. If you want to submit an article on a medical topic, you will need to let us know why you are qualified to write about the topic.

Feature articles can be 1,000 to 2,500 words. While we will accept finished articles, the best approach is to first send clips and a detailed query. We want to know if our writers are qualified to write on the topic they suggest and that they understand it.

In the query, include the topic, how you plan to approach it and the resources you plan to use. Send only two or three clips that are different from each other and not all written for the same publication or in the same style. We are more interested in how you write than in how many times you have been published.

Last Word stories should be about 700 words and must be well written. In fact, the best way to help us get acquainted with you and your writing is to send one or two submissions for Last Word. These stories center around one theme, are often first-person stories, have an object lesson and frequently deal

with the emotions involved in living gluten free. We would consider a “diagnosis’ story for Last Word, but it really needs to be worth reading about.

Reality CD stories tend to be about 500 words, or less. They concern how the gluten-free life fits into the real world and how the real world responds to those who follow a gluten-free life. For these shorter stories, you can call first and propose your topic.

We will accept interviews done by freelance writers, but it is best to query first and explain why our readers would be interested in getting to know the person you suggest. Include a few sample questions, which should be well focused and interesting.

You can submit material by email or postal mail. Expect to wait some time before you hear from us. Include supporting material and the names and contact information for the people you have interviewed for the story. If you would like the material returned, please include a postage-paid envelope.

We usually buy all rights, although in certain cases we buy first rights. Payment depends on the scope of the article. That said, you cannot expect to support yourself writing for Gluten-Free Living. For now, our payments fall under the heading “token” payments.

However, and in all seriousness, you can expect to be rewarded by the gratitude our readers express when they read something that contributes to the betterment of their gluten-free life.