

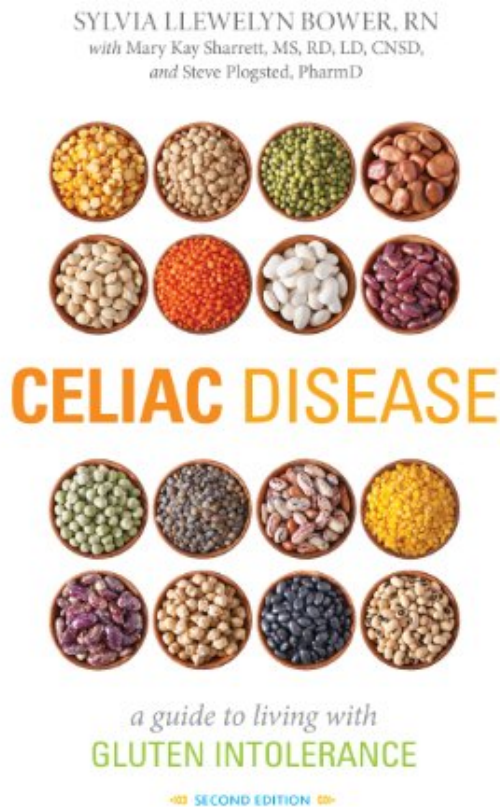
Celiac Disease: A Guide to Living with Gluten Intolerance

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SKU: 9781936303632

Price: \$397.95

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Product Description

Fully Revised and Updated An indispensable guide on how to safely alter your diet, manage your symptoms, and adjust to living gluten-free. Celiac disease is an autoimmune disorder characterized by an inability to digest gluten, a protein found in wheat and other grains that affects as many as 1 in 133 Americans. Written by a nurse, dietician, and clinical pharmacist, provides everything you need to know to live a healthy wheat-free and gluten-free lifestyle including how to: recognize and treat the most common symptoms eat gluten-free and avoid hidden glutes, especially in common medications prepare your kitchen and prevent cross-contamination cook and bake gluten-free including delicious, easy-to-prepare recipes for breads, breakfasts, main courses, and desserts dine out, travel, and entertain safely tackle the emotional issues of having celiac disease raise a child with celiac disease and much more. Containing the most up-to-date research and packed with tips, resources, and a one-week meal plan to make going gluten-free easy, Celiac Disease