



Celiac Disease For Dummies

By Ian Blumer, Sheila Crowe

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Celiac Disease For Dummies is the ultimate reference for people with the disease and their family members. The book helps readers identify symptoms of the disease, and explains how doctors definitively diagnose celiac disease. It outlines how celiac disease affects the body, and what its consequences could be if untreated. The authors explain how celiac disease is treated, not only through the elimination of gluten from the diet, but with additional nutritional measures and alternative and complementary therapies. Written by two practicing physicians, the book also offers practical, helpful guidance for parents of children with celiac disease, whose treatment may be a particular challenge.

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Celiac Disease For Dummies By Ian Blumer, Sheila Crowe Bibliography

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Editorial Review

Review

"For the newly diagnosed and those who want to learn more about the disease, *Celiac Disease For Dummies* is a valuable resource. . . . It will be among the go-to books for newly diagnosed celiacs for many years to come. . . . *Celiac Disease For Dummies* will easily inform and engage readers." (*GIG (Gluten Intolerance Group) Quarterly*)

Review

"The latest 'Dummies' book to broach the subject of celiac disease is a refreshing take on a serious condition because it provides, along with all the medical facts and helpful hints, a huge dose of respect for the patient and humour. If you are looking for an excellent overall reference on all aspects of celiac disease, written in non-medical, approachable language, this is it."

—**Janet Dalziel, President, Canadian Celiac Association**

From the Back Cover

The complete guide to living well with celiac disease

Do you think — or know — that you or someone you love is suffering from celiac disease? This friendly, informative guide, based on the latest research, explains all aspects of this often misunderstood condition. You'll see how to spot symptoms, understand how the condition is diagnosed, explore related ailments, and discover how it's treated through avoiding gluten — and beyond.

- Spot the symptoms and understand the causes — identify the indicators that you may have celiac disease, and discover what they mean
- Investigate complications — review the problems connected to celiac disease such as vitamin and mineral deficiency, anemia and osteoporosis, and learn how they're diagnosed and treated — and often prevented
- Go gluten-free — get tips on how to avoid gluten when dining out or eating at home and know how to determine if your gluten-free diet is working
- When gluten-free isn't always enough — explore additional treatments that may be required to ensure good health
- Have a healthy pregnancy — understand the possible complications, and discover how to help avoid them
- Raise healthy kids — see your children living with celiac disease thrive with helpful tips on keeping them gluten-free
- Get support — find organizations in your area that can help you stay healthy, happy, and informed

Open the book and find:

- How celiac disease affects the body
- The differences between celiac disease, food allergies, and food intolerance
- What grains contain gluten — and which ones are safe to enjoy
- Why you may need to be screened for celiac disease even when you don't have symptoms
- The conditions caused by celiac disease and how they're treated
- Surprising sources of hidden gluten
- How to manage ongoing care of celiac disease
- Helpful Web sites

Learn to:

- Identify the symptoms of celiac disease
- Understand the possible causes
- Treat the disease through nutrition
- Look out for associated diseases and complications

Users Review

From reader reviews:

Robert Riggio:

The actual book Celiac Disease For Dummies has a lot of knowledge on it. So when you read this book you can get a lot of advantage. The book was published by the very famous author. Tom makes some research just before write this book. This book very easy to read you can get the point easily after looking over this book.

Ramiro Alvarez:

The reason? Because this Celiac Disease For Dummies is an unordinary book that the inside of the guide waiting for you to snap that but latter it will distress you with the secret the idea inside. Reading this book beside it was fantastic author who also write the book in such incredible way makes the content within easier to understand, entertaining way but still convey the meaning thoroughly. So , it is good for you for not hesitating having this ever again or you going to regret it. This excellent book will give you a lot of gains than the other book have such as help improving your skill and your critical thinking technique. So , still want to postpone having that book? If I have been you I will go to the reserve store hurriedly.

Colleen Harman:

The book untitled Celiac Disease For Dummies contain a lot of information on the idea. The writer explains the woman idea with easy method. The language is very easy to understand all the people, so do certainly not worry, you can easy to read this. The book was compiled by famous author. The author brings you in the new age of literary works. You can actually read this book because you can read on your smart phone, or gadget, so you can read the book throughout anywhere and anytime. In a situation you wish to purchase the e-book, you can start their official web-site and order it. Have a nice read.

Pamela Stanley:

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