



## Celiac Disease For Dummies

By Ian Blumer, Sheila Crowe

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**Celiac Disease For Dummies** By Ian Blumer, Sheila Crowe

*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:

#### **Timothy King:**

Celiac Disease For Dummies can be one of your starter books that are good idea. Many of us recommend that straight away because this e-book has good vocabulary which could increase your knowledge in vocabulary, easy to understand, bit entertaining but nonetheless delivering the information. The article author giving his/her effort to set every word into joy arrangement in writing Celiac Disease For Dummies nevertheless doesn't forget the main position, giving the reader the hottest in addition to based confirm resource details that maybe you can be considered one of it. This great information can certainly drawn you into fresh stage of crucial contemplating.

#### **Mary McCollum:**

Are you kind of occupied person, only have 10 as well as 15 minute in your day to upgrading your mind ability or thinking skill also analytical thinking? Then you are having problem with the book when compared with can satisfy your short period of time to read it because this time you only find e-book that need more time to be learn. Celiac Disease For Dummies can be your answer because it can be read by an individual who have those short time problems.

#### **Paul Frazier:**

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#### **May Davidson:**

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