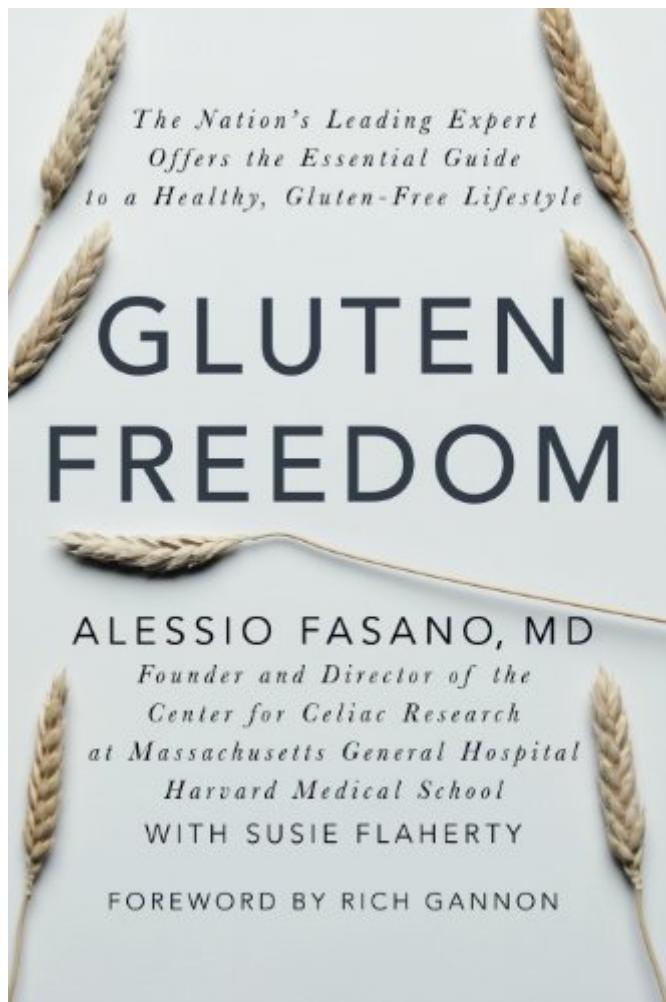


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# Gluten Freedom: The Nation's Leading Expert Offers The Essential Guide To A Healthy, Gluten-Free Lifestyle



## Synopsis

World-renowned gluten-related disorders expert Dr. Alessio Fasano presents the groundbreaking roadmap to a gluten-free lifestyle, and how millions can live better by going gluten free. For centuries, bread has been known as the *staff of life*. But for millions of Americans affected by gluten-related disorders, consuming gluten, the complex protein found in wheat, rye, and barley, can be hazardous to their health. In a recent poll presented by *Scientific American*, over 30% of Americans reported wanting to cut down or eliminate gluten from their diets; the gluten-free market is a \$6.3 billion industry and continues to expand. Now, in *Gluten Freedom*, Alessio Fasano, MD, world-renowned expert and founder of Massachusetts General Hospital's Center for Celiac Research, reveals the latest developments in scientific research and treatment, and the answers they provide for this rapidly expanding audience. This groundbreaking, authoritative guide is an invaluable roadmap for the newly diagnosed, for those already dealing with gluten-related issues, and for anyone who thinks they may have an issue with gluten. Distinguishing scientific fact from myth, *Gluten Freedom* explains the latest research, diagnostic procedures, and treatment/diet recommendations, helping consumers make the best choices for themselves and their families. *Gluten Freedom* also discusses important nutritional implications for behavior-related diagnoses such as autism and conditions such as depression, anxiety, and *foggy mind*. Other highlights include:

- The differences between celiac disease, gluten sensitivity, and wheat allergy
- Current best practices for gluten-related disorders at any age
- Practical information on setting up a gluten-free kitchen, reading labels, and staying safe and healthy in a world filled with hidden sources of gluten
- The psychological impact of a diagnosis and its effect on a family
- Groundbreaking research for prevention and therapy
- Reliable and accurate resources for patients, parents, and physicians
- And even recipes for an authentic gluten-free Italian dinner from Dr. Fasano's home kitchen

## Book Information

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## Customer Reviews

Wow, this is one great book. Let me start off by stating I have no idea if I have celiac disease. I'm totally convinced I have some form of gluten sensitivity, although I've never been tested. For years, I would experience general malaise, feel tired, irritable, have toe neuropathy, carpal tunnel symptoms, achy, stiff, painful, tender muscles and joints. I can add more symptoms, but you get the point. Several years ago, I went on a low carb diet to lose weight. I cut out all grains, and looking back, I had minimal gluten save for some soy sauce once in a blue moon. What happened? In about three months all my symptoms went away. I went off my diet, started eating a lot of gluten and guess what happened? You guessed it. It was around this time that "gluten free" was just beginning to be a household word. Yeah, I diagnosed myself and no longer eat gluten. I am fine. If I slip up in a restaurant where I know I have unwillingly been "glutenized", or if I have a day where I swallowed a stupid pill and willingly eat gluten, all those old symptoms come back. And let me tell you, it takes a good while for them to go away. Yeah, I know the medical community will tell me of the importance of getting tested, but why? When I keep away from gluten I feel great. When I eat it I feel awful. That's enough for me. I was looking for a book on gluten that is current and has the latest research and facts. I wanted a book that talked about gluten sensitivity, not just celiac disease. I found it! Unlike some gluten books, this is a refreshing, interesting read, never dry, text-book boring. The story of wheat unfolds like a mystery! I admit, I'm not done reading it, but I just can't put it down. If you are at all interested in what I call the "gluten phenomenon"...

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