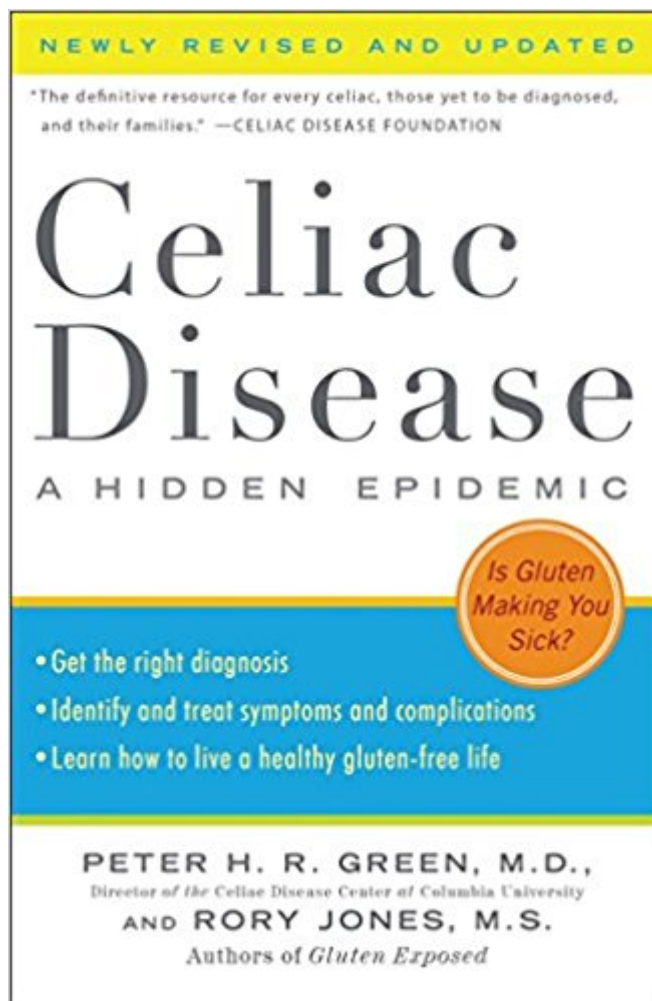


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# Celiac Disease (Newly Revised And Updated): A Hidden Epidemic



## Synopsis

From Dr. Peter H.R. Green, internationally renowned expert on celiac disease and director of the Celiac Disease Center at Columbia University, and medical writer Rory Jones, *“this is”* the definitive book on celiac disease, one of the most underdiagnosed autoimmune diseases in the U.S. *“Do you suffer from gastrointestinal complaints, fatigue, headaches, joint pain, anemia, and/or itchy skin conditions? Have you consulted numerous doctors, and been prescribed drugs and diets that have only temporarily alleviated some symptoms? If so, you may have celiac disease, a hereditary autoimmune condition that affects nearly one in every hundred people—97 percent of whom remain undiagnosed and untreated. The real answer to your medical problems may lie in this book. Dr. Green, together with Rory Jones, an accomplished medical writer who was diagnosed with the disease in 1998 and has been researching it ever since, have written this authoritative guide on how celiac disease is properly diagnosed, treated, and managed. The disease is triggered by gluten, a protein found in wheat, rye, and barley, which damages the lining of the small intestine so that it cannot properly absorb food. Without essential nutrients, the entire body begins to suffer. Complications from celiac disease can include infertility, depression, liver disease, other autoimmune diseases (such as type 1 diabetes and thyroid disease), and even cancer. This is a disease that you do not outgrow. At present, the only way to treat it is to follow a lifelong gluten-free diet. This revised and updated edition contains the most current information on celiac disease, gluten intolerance, and gluten sensitivity. It examines the disease’s many manifestations and includes an entire section devoted to coping with the psychological aspects of living with a chronic illness and following a gluten-free diet. It also includes a guide to ingredients and safe grains, a selection of gluten-free manufacturers, and a list of national and international support groups.”*

## Book Information

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## Customer Reviews

Green (director, Celiac Disease Ctr., Columbia Univ.) and Jones, a science writer and celiac disease patient, have added new information to this revised version of one of LJ's Best Consumer Health Books of 2006. The authors organize this edition the same way as the first, explaining the diagnosis, genetics, and possible complications, with seven chapters devoted to the gluten-free diet. Sections on the diagnosis and management of the disease are updated, and reports of more recent scientific research into a treatment or cure are included. There is a revised list of safe grains and ingredients and tips on reading labels as well as an expanded list of gluten-free product manufacturers. The 2006 edition, which has been a staple in library collections on celiac disease and gluten intolerance, is still a valuable resource worth keeping. This new edition is highly recommended for all libraries, even those that own the first edition.

—Lisa Felix,  
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“The book the celiac world has needed all along.” (Gluten Intolerance Group Newsletter)

“The definitive resource for every celiac, those yet to be diagnosed, and their families. Comprehensive and concise, yet easy to understand. This is a must-have book.” (Elaine Monarch, Executive Director, Celiac Disease Foundation)

“Easy to read . . . full of common sense and suggestions that go to the heart of celiac concerns.” (Gluten-Free Living)

“An exceptionally complete yet easy to read guide to celiac disease and strategies for living with it successfully. . . . Highly Recommended.” (ChildrenWithDiabetes.com)

“A must-read for those with celiac disease and anyone with suspect symptoms (gastrointestinal complaints, anemia, fatigue, headaches, joint pain, etc.)....If you buy just one medical book about celiac disease, make it this one.” (Living Without)

“Useful, in-depth information for sufferers. . . . This book is important for consumer health libraries and consumer health collections in public libraries.” (Library Journal)

“Best consumer health books of 2006” (Library Journal)

I purchased this book after being diagnosed with Celiac disease because I was feeling overwhelmed by all the information on the internet about Celiac and I wanted some helpful everyday information and tips on how to live in the real world with Celiac. This book was exactly what I had hoped it would be. I now have a game plan for what I will do when I travel to see family for Christmas and what to do about eating over at other peoples houses. It is not easy trying to explain to people why you cannot eat their home cooked meal, and this book helps give you some insight as to how to cope with such real life situations. I recommend this book for anyone newly or not so newly diagnosed with Celiac Disease. The author explains things in a very accessible way, especially for people who don't have a medical background.

This book has be so helpful as a newly diagnosed celiac. Dr. Greed is such an expert, but the information isn't that difficult to understand overall. I had read the previous edition from my local library, but was happy to see this updated one available. This book goes over celiac from the bottom to the top so for those of us that are knowledge junkies:) to know more than we can get any other way.

Excellent book! I was diagnosed 9 mos ago with Celiac Dz and this has been my "bible" when it comes to getting my many questions answered. Unfortunately, I am one of the less than 10% of people with Celiac who happens to be affected with Dermatitis Herpatiformis and before I could get to the dermatologist, I had it pretty well diagnosed thru info this book contains. You will find out more about Celiac Disease by purchasing and reading this reliable, fact-filled book than you can ever imagine! Yes, I highly recommend this book to anyone with the disease or anyone who wants to find out more about this autoimmune disorder.

If you or someone you know is looking for information about CELIAC DISEASE, this is the book. It is written CLEARLY and SIMPLY and is so well organized and understandable. It is written by the best of the best on the subject. Dr. Green, now in his 70's has been at this for YEARS and keeps opening new doors for investigation into this many faceted gastrointestinal issue. THIS IS THE BOOK. Trust this M.D. !! Great Book.

This book has been a life-saver on our journey with Celiac Disease. A helpful resource and reliable reference, I find myself turning to it still, three years past diagnosis. While there are many resources available online, none can match the knowledge of the authorship of this book. I highly recommend

"Celiac Disease: A Hidden Epidemic" to those who are newly diagnosed, looking for further answers, or even just considering whether Celiac Disease might be a factor in their health concerns. You can't go wrong with this read.

This is the third celiac book I have read since diagnosis and the best one so far. The authors do an excellent job of explaining what celiac is who gets it, and why it is difficult to get diagnosed. The information is presented clearly, in well-defined categories, and without resorting to jargon. Symptoms are described in great detail, with other possible diagnoses given for each. Unlike other books which essentially tried to pin every symptom known to man to gluten, this book offers much more balanced information. For those already diagnosed, there is much helpful information, including not only foods to avoid but much dispelling of myth about foods which are safe to eat despite common assumptions. The authors also discuss 'survival' strategies for coping with dietary limitations, what to do with celiac children, even the current state of celiac research. This book is an excellent resource and I expect I will return to it many times.

Great book, very informative for anybody who has been diagnosed with Celiac disease!!!

This book is irreplaceable as I continue to educate myself on my disease. Perhaps most relevant, it includes a guideline on how to proceed with your doctor, including additional testing and information to share with your doctor to ensure issues are not overlooked over the long term.

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