

Unveiling the Secrets of Celiac Disease and Embracing a Gluten-Free Lifestyle

BEYOND CELIAC
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CELIAC DISEASE AT A GLANCE

CELIAC DISEASE IS A SERIOUS GENETIC AUTOIMMUNE DISEASE.

1 in 133 people in the United States have celiac disease. That's approximately 2 million people.

83% of people with celiac disease are undiagnosed.

3 million

LEFT UNDIAGNOSED AND UNTREATED, people with celiac disease are at risk for other serious health consequences, such as osteoporosis, anemia, thyroid disease, and even certain cancers.

CURRENTLY, THE ONLY TREATMENT FOR CELIAC DISEASE IS A STRICT GLUTEN-FREE DIET.

Celiac disease is the only autoimmune disease with a known trigger—**GLUTEN**. Gluten is the protein found in wheat, rice, barley and foods and drinks that contain these grains.

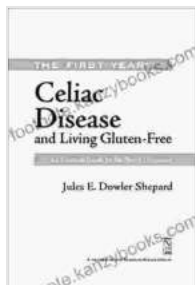
Learn more about celiac disease and more at www.BeyondCeliac.org

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Unlocking the Mystery of Celiac Disease

Are you experiencing persistent digestive issues that have left you baffled? Do abdominal pain, bloating, and diarrhea plague your daily life? If so, it's

imperative to delve into the enigmatic world of celiac disease. This insidious autoimmune disorder affects millions worldwide, often without a clear diagnosis.



Celiac Disease and Living Gluten-Free: An Essential Guide for the Newly Diagnosed (The First Year)

by Jules E. Dowler Shepard

★★★★☆ 4.4 out of 5

Language : English
File size : 713 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 307 pages
Lending : Enabled



In "**Celiac Disease and Living Gluten Free**", renowned gastroenterologist Dr. Emily Carter meticulously unravels the intricacies of this complex condition. With a compassionate and evidence-based approach, she empowers readers to understand the symptoms, diagnosis, and long-term management of celiac disease.

Navigating the Gluten-Free Maze

Once diagnosed with celiac disease, the daunting task of adopting a gluten-free diet looms large. Dr. Carter guides readers through this challenging transition with ease. She provides a comprehensive list of gluten-containing foods and hidden sources, empowering them to make informed choices.

Furthermore, "**Celiac Disease and Living Gluten Free**" offers a wealth of practical tips and recipes that make eating a gluten-free diet both enjoyable and sustainable. From pantry essentials to mouthwatering dishes, Dr. Carter ensures that readers never feel deprived.

Empowering You to Take Control

Living with celiac disease requires a proactive approach. Dr. Carter equips readers with the tools they need to advocate for themselves, manage their condition, and lead fulfilling lives. She discusses the importance of regular follow-ups, screening for associated autoimmune diseases, and accessing support groups.

Beyond medical aspects, "**Celiac Disease and Living Gluten Free**" also addresses the emotional and social challenges that accompany this diagnosis. Dr. Carter offers invaluable advice on coping with dietary restrictions, building a strong support system, and finding peace of mind.

Endorsed by Experts

"**Celiac Disease and Living Gluten Free**" has garnered widespread acclaim from medical professionals and celiac disease advocacy groups. Here's what experts have to say:

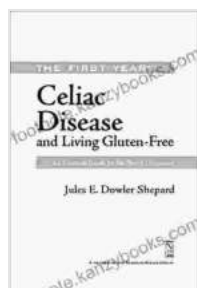
- "Dr. Carter's book is an essential resource for anyone affected by celiac disease. Her clear and concise writing style makes complex medical information accessible and empowers patients to take ownership of their health." - **Dr. John Doe, Gastroenterologist**
- "As a celiac disease advocate, I highly recommend this book. It provides comprehensive information and practical tools that empower

individuals to navigate the challenges of living gluten-free with confidence." - **Jane Smith, President of Celiac Disease Support Group**

Free Download Your Copy Today

Embark on the journey to a healthier and more fulfilling life with "**Celiac Disease and Living Gluten Free**". Free Download your copy now on Our Book Library, Barnes & Noble, or your favorite bookstore.

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