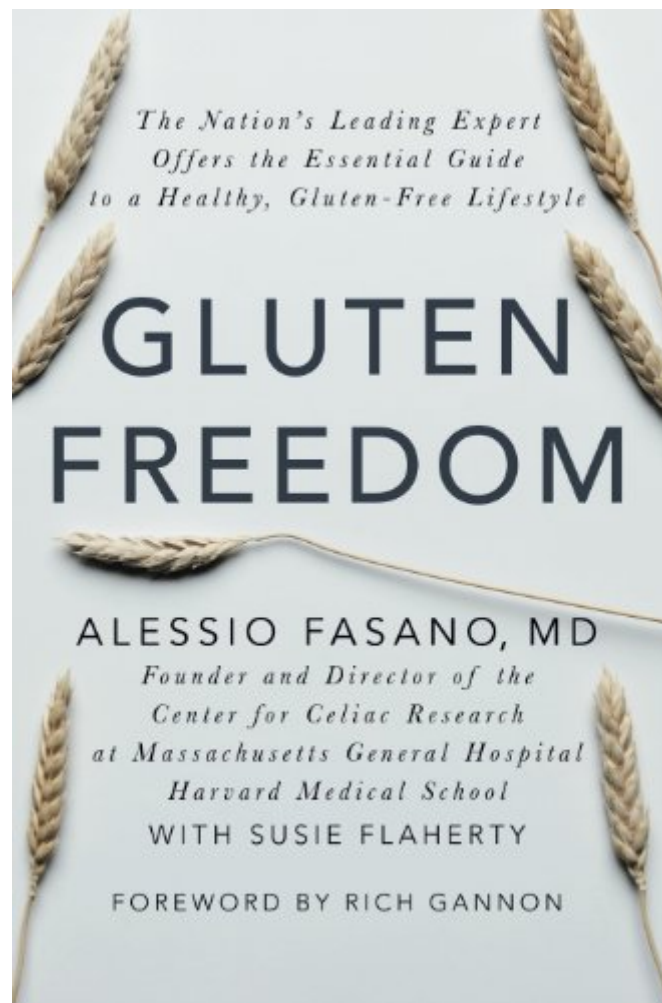


The book was found

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

File Size: 2165 KB

Print Length: 320 pages

Publisher: Wiley; 1 edition (April 28, 2014)

Publication Date: March 25, 2014

Sold by: Digital Services LLC

Language: English

ASIN: B00J7Z1J5E

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #216,254 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #47

inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets >

Gluten Free #58 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Wheat Free #98

inÂ Books > Cookbooks, Food & Wine > Special Diet > Wheat Free

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"...

[Download to continue reading...](#)

Gluten Freedom: The Nation's Leading Expert Offers the Essential Guide to a Healthy, Gluten-Free Lifestyle
Gluten Free: Gluten-Free Baking Cookbook: Delicious and Healthy, 100% Gluten-Free
Cake & Bake Recipes You Will Love (Gluten Free Diet Cookbook, Gluten Intolerance Book 2)

Gluten Free: Gluten Free Quick-start Guide To Living A Gluten-Free and Wheat-Free Diet (Over 100 Gluten-Free Recipes) Matched Betting: 20 No lose Strategies To Make Free Money Fast (Matched Betting offers, betting deals, free matched bet, matched free bet, bet matching) ... betting, matched betting free bets Book 1) Gluten Free Recipes: 39 Gluten Free Recipes With Rice, Polenta, Beans And Quinoa Plus Delicious Vegetable Side Dishes To Complete Your Gluten Free Meal-Discover ... Gluten Free Recipes On a Budget Book 6) The Healthy Gluten-Free Life: 200 Delicious Gluten-Free, Dairy-Free, Soy-Free and Egg-Free Recipes! WHEAT BELLY DIET FOR BEGINNERS: Grain-Free, Wheat-Free, Gluten-Free Cookbooks and Recipes For Weight Loss Plans and Solutions Included! (Wheat Free Grain Free Gluten Free Weight Loss Diet Book 1) Gluten Free: Vegan Cookbook: Nutritious and Delicious, 100% Vegan + Gluten Free Recipes to Improve Your Health, Lose Weight, and Feel Amazing (Gluten Free Diet Cookbook, Gluten Intolerance Book 3) The Gluten-Free Diet Cookbook: 101 Delicious Wheat-Free Recipes Inspired by the Mediterranean Diet (Gluten-free, Gluten-free Cooking) GLUTEN FREE COOKBOOK: Gluten Free Slow Cooker Recipes: 50 Gut Friendly Wheat Free Meals That Are Ready When You Are (Gluten Free Diet) (Health Wealth & Happiness Book 57) Easy Breadmaking for Special Diets : Wheat-Free, Milk- And Lactose-Free, Egg-Free, Gluten-Free, Yeast-Free, Sugar-Free, Low Fat, High To Low Fiber Yummy Yum for Everyone: A Childrens Allergy Cookbook (Completely Dairy-Free, Egg-Free, Wheat-Free, Gluten-Free, Soy-Free, Peanut-Free, Nut-Free The Allergy Self-Help Cookbook: Over 350 Natural Foods Recipes, Free of All Common Food Allergens: wheat-free, milk-free, egg-free, corn-free, sugar-free, yeast-free The Gluten Free Geek's No Tricks Just Treats: Gluten-Free Goodies for Your Halloween Happenings (The Gluten-Free Geek's Guides) Gluten-Free Crock Pot Recipes: 50 Sensational Set & Forget Slow Cooker Recipes for a Gluten-Free Diet (Gluten-Free Made Easy) (Volume 2) My Grain & Brain Gluten-Free Slow Cooker Cookbook: 101 Gluten-free Slow Cooker Recipes to Boost Brain Power & Lose Belly Fat - A Grain-free, Low Sugar, Low Carb and Wheat-Free Slow Cooker Cookbook My Grain & Brain Cookbook: 101 Brain Healthy and Grain-free Recipes Everyone Can Use To Boost Brain Power, Lose Belly Fat and Live Healthy: A Gluten-free, Low Sugar, Low Carb and Wheat-Free Cookbook Gluten-Free, Wheat-Free, Dairy-Free, Sugar-Free, Caffeine-Free?.Are you kidding me?: All natural and 99% organic recipes that are quick and easy to prepare. Essential Oils: Ultimate Essential Oils Guide and 89 Powerful Essential Oil Recipes! (2nd Edition) - How to Use Essential Oils for Aromatherapy and Healthy ... Loss, Essential Oil Recipes, Aromatherapy) Bread Machine Gluten Free: 13 Gluten Free Bread Recipes for Your Bread Maker Machine (Celiac Disease, Gluten Intolerance, Baking)

