

The Complete Guide to Recognizing, Diagnosing & Managing Celiac Disease

Improve your ability to quickly and correctly identify this commonly misdiagnosed disorder, now estimated to affect 1 in 100 people. Become familiar with the multisystem nature of celiac disease, how it develops, the ways it presents itself, methods for testing and means of treatment.

You will discover:

- **Up-to-date scientific information obtained from research studies and case reports from around the world.**
- **Explanations of gluten (the cause of celiac disease), sources of gluten in food and how gluten triggers a harmful reaction in the body.**
- **Overview of celiac disease, including background, prevalence, description, pathophysiology, manifestations, diagnosis, management and prognosis.**
- **A complete description of the digestive process and how gluten disrupts both organ structure and function.**
- **The 3-Step Process for gluten-free diet self-management.**
- **Lists of foods and ingredients commonly allowed and not allowed on a gluten-free diet.**
- **Charts of over 300 health manifestations detailing prevalence, description, relationship to celiac disease, symptoms, causes and response to the gluten-free diet.**

"A very thorough review of the literature! A useful resource."

- Peter Green, MD, Director, Celiac Disease Center, Columbia University,
Professor of Clinical Medicine, College of Physicians and Surgeons, Columbia University

"Recognizing Celiac Disease delivers an overview of celiac disease with a concise picture of the pathogenesis, clinical manifestations, diagnostic tools and treatment of celiac disease. Most of all it expands on the nutritional deficiencies and complications of this disease, emphasizing the dietary management of these patients. This work will serve as an excellent reference to physicians, medical students, dietitians, patients and the general public as well."

- Kenneth R. Falchuk, MD, Associate Clinical Professor, Harvard Medical School

"This manual will serve as an excellent informational reference for our membership, as well as physicians, dietitians and other health care professionals. The presentation provides useful, reliable, easy-to-understand health and diet information to supplement the information from one's health team."

- Mary A. Schluckebier, BS, MA, Executive Director, Celiac Sprue Association - USA

"This masterful, comprehensive and easy-to-use resource guide will go a long way in helping folks restore their health and regain their lives, a goal we share. Recognizing Celiac Disease has a permanent place on my desk and I definitely will recommend this well-researched reference manual to healthcare professionals and patients alike."

- Alice Bast, Founder and Executive Director, National Foundation for Celiac Awareness.

"I appreciate having this remarkable and thoroughly researched resource on my desk when I counsel with patients who have celiac disease. It is very useful and user friendly."

- Mary Sue Walker, PhD, RD, LDN, Clinical Nutrition Specialist Children's Hospital, Knoxville, Tennessee.

Cleo Libonati, RN, BSN is a University of Pennsylvania graduate with nursing experience spanning thirty years in patient care, teaching and management positions. As a medical paralegal, she drafted Institutional Review Board (IRB) procedures for multiple IRBs responsible for protecting the rights of medical research participants. Her personal experience in discovering celiac disease as the underlying cause of health problems dating back to childhood - and her resulting recovery - motivated her to create this work.

Whether you work in a medical field or are just interested in celiac disease, Recognizing Celiac Disease is a valuable reference you will use again and again.

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