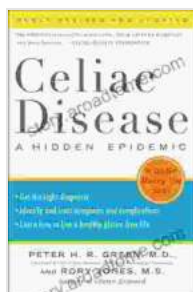


# Celiac Disease: Newly Revised and Updated - The Essential Guide to Living Gluten-Free

## What is Celiac Disease?

Celiac disease is an autoimmune disease that damages the small intestine when gluten is eaten. Gluten is a protein found in wheat, rye, and barley. When someone with celiac disease eats gluten, their immune system attacks the small intestine, causing inflammation and damage. This damage can lead to a variety of symptoms, including:



## Celiac Disease (Newly Revised and Updated): A Hidden Epidemic by Rory Jones

★★★★☆ 4.6 out of 5

Language	: English
File size	: 1230 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 371 pages
X-Ray for textbooks	: Enabled



- Digestive problems, such as diarrhea, constipation, gas, and bloating
- Abdominal pain
- Weight loss
- Fatigue

- Iron deficiency anemia
- Osteoporosis
- Infertility
- Dermatitis herpetiformis, a skin rash

Celiac disease is a serious disease, but it can be managed with a gluten-free diet. A gluten-free diet is a diet that excludes all foods that contain gluten. This can be a challenging diet to follow, but it is the only way to manage celiac disease and prevent further damage to the small intestine.

### **Celiac Disease: Newly Revised and Updated**

This newly revised and updated edition of Celiac Disease provides comprehensive information on celiac disease, including:

- The latest research on celiac disease
- The symptoms, diagnosis, and treatment of celiac disease
- The gluten-free diet, including a sample meal plan
- Tips for living with celiac disease

This book is an essential resource for anyone living with or affected by celiac disease. It provides the latest information on celiac disease and offers practical advice on how to manage the disease and live a healthy, gluten-free life.

### **About the Author**

Dr. Alessio Fasano is a world-renowned celiac disease expert. He is the director of the Center for Celiac Research and Treatment at Massachusetts General Hospital and Harvard Medical School. Dr. Fasano has published over 500 scientific papers on celiac disease and has been instrumental in the development of new treatments for the disease.

### **Free Download Your Copy Today**

Celiac Disease: Newly Revised and Updated is available now at all major bookstores and online retailers. Free Download your copy today and learn more about celiac disease and how to manage it.

Celiac Disease (Newly Revised and Updated): A Hidden Epidemic

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A HIDDEN EPIDEMIC

Get the best diagnosis  
Learn about food and how to eat safely  
Learn how to live a healthy life with the disease

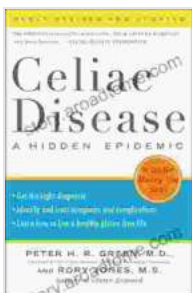
PETER H. R. GREEN, M.D.  
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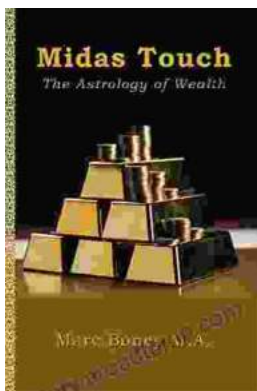
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