



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

Jules E. Dowler Shepard

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If you've just been diagnosed with celiac disease, you're not alone: as many as 1 in 133 Americans have this autoimmune disorder characterized by an inability to digest gluten, a protein found in wheat and other grains. For ten years, Jules Shepard's gastrointestinal symptoms went misdiagnosed. Finally diagnosed, she experienced a rollercoaster of emotions and illness the year following, as she discovered what she could and could not eat through trial and error.

Now, in *The First Year®: Celiac Disease and Living Gluten-Free*, Shepard explains everything you need to learn and do upon your or a family member's diagnosis.

- How celiac disease affects your entire body
- Eating gluten-free (and avoiding hidden glutes)
- Keeping your kitchen safe from cross-contamination
- Can I drink alcohol?
- Celiac and fertility
- Finding support groups
- Parenting a child with celiac disease
- Dining out, traveling, and entertaining

This unique guide prioritizes all the most important information on diet and lifestyle changes for you. Day-by-day, week-by-week, month-by-month, learn how to safely alter your diet, manage your symptoms, and adjust to living gluten-free. Complete with easy and delicious recipes for gluten-free baking, *The First Year®: Celiac Disease and Living Gluten-Free* is your essential guide to a healthy life.

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world now. This kind of book was represented how does the world has grown up. The language styles that writer require to explain it is easy to understand. Often the writer made some research when he makes this book. That's why this book suited all of you.

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