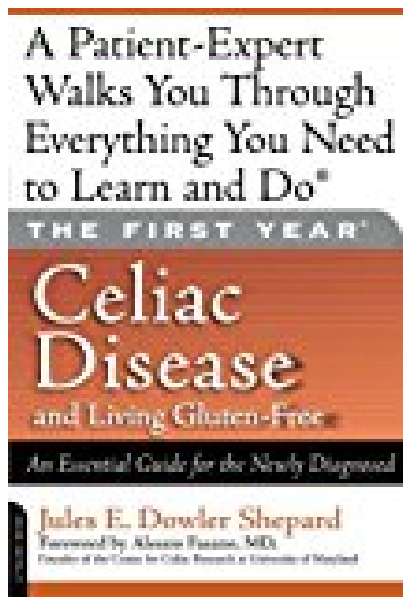


# The First Year Celiac Disease and Living Gluten-Free An Essential Guide for the Newly Diagnosed

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## BOOK DETAILS

- Author : Jules E. Dowler Shepard
- Pages : 282 Pages
- Publisher : Da Capo Lifelong Books
- Language : English
- ISBN : 073821227X

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## BOOK SYNOPSIS

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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