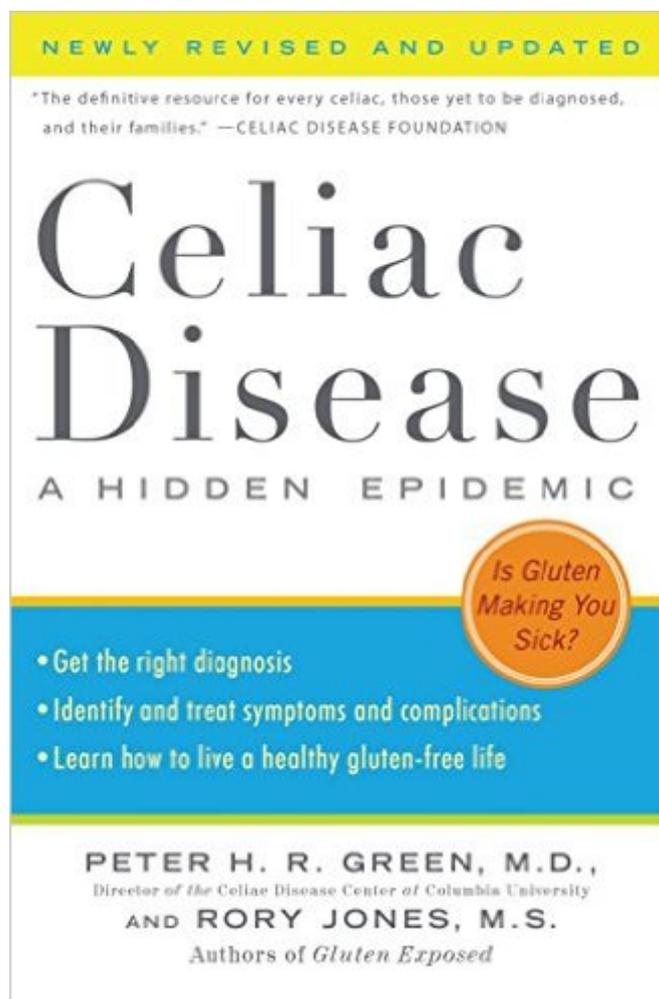


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# Celiac Disease (Newly Revised And Updated): A Hidden Epidemic



## Synopsis

From Dr. Peter H.R. Green, internationally renowned expert on celiac disease and director of the Celiac Disease Center at Columbia University, and medical writer Rory Jones, this is the definitive book on celiac disease, one of the most underdiagnosed autoimmune diseases in the U.S. Do you suffer from gastrointestinal complaints, fatigue, headaches, joint pain, anemia, and/or itchy skin conditions? Have you consulted numerous doctors, and been prescribed drugs and diets that have only temporarily alleviated some symptoms? If so, you may have celiac disease, a hereditary autoimmune condition that affects nearly one in every hundred people—97 percent of whom remain undiagnosed and untreated. The real answer to your medical problems may lie in this book. Dr. Peter H.R. Green, together with Rory Jones, an accomplished medical writer who was diagnosed with the disease in 1998 and has been researching it ever since, have written this authoritative guide on how celiac disease is properly diagnosed, treated, and managed. The disease is triggered by gluten, a protein found in wheat, rye, and barley, which damages the lining of the small intestine so that it cannot properly absorb food. Without essential nutrients, the entire body begins to suffer. Complications from celiac disease can include infertility, depression, liver disease, other autoimmune diseases (such as type 1 diabetes and thyroid disease), and even cancer. This is a disease that you do not outgrow. At present, the only way to treat it is to follow a lifelong gluten-free diet. This revised and updated edition contains the most current information on celiac disease, gluten intolerance, and gluten sensitivity. It examines the disease's many manifestations and includes an entire section devoted to coping with the psychological aspects of living with a chronic illness and following a gluten-free diet. It also includes a guide to ingredients and safe grains, a selection of gluten-free manufacturers, and a list of national and international support groups.

## Book Information

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## Customer Reviews

This book is a very worthwhile addition to a person with celiac disease's library. Rather than another "do's and don'ts" book, it's focus is on the physiology and pathology of celiac disease. But let not your heart be troubled (or your brain twisted) by medicalese -- it is written very clearly and in layman's terms. It starts with an overview of the "normal" digestive tract and the immune system. Then it explains what celiac disease is and what goes wrong. There are chapters on how to diagnose celiac disease and differentiate it from other conditions, as well as discussions on alternative approaches to testing for celiac disease including fecal, breath, and saliva testing and the blood dot test. Dr. Green discusses laboratory differences and false negatives and false positives. The chapter concludes with a discussion on the future of testing. The next parts of the book are devoted to related conditions and complications with chapters on neurological manifestations like peripheral neuropathy, ataxia, migraines, and epilepsy, malignancy, osteoporosis, depression, DH, diabetes, infertility, and other related autoimmune conditions like Sjogren's Syndrome, thyroid disease, fibromyalgia, Addison's Disease etc. and discussions of the medical management of celiac disease. The gluten free diet (the only treatment for celiac disease) is covered in some detail, covering topics such as how much gluten is too much, grain science, cross-contamination, and basic rules for avoiding cross contamination. There are chapters on the new labelling and testing of gluten free products, a short chapter on cooking without gluten (this is not a cookbook), eating in the "real world", dealing with family occasions, the medicine cabinet and cosmetics and "eating naked".

Dr. Green's resume shows that he is the foremost expert on this subject that I've read to date. This book at least comments on and often answers many questions that have risen in the quest to learn about topics such as celiac disease, wheat allergy, gluten intolerance, and the subtleties of differences in diagnoses and interpretations among the medical community and others. Dr. Green highly recommends the gluten free diet and spends a significant amount of time on management with this diet. However, one of the main problems with gluten is that it is ubiquitous (AKA omnipresent, universal, pervasive, global, abundant, permeating) and often not shown as an

ingredient in products where it resides. I do not believe that Dr. Green has adequately addressed this part of the problem or significantly discussed that alternative solutions already exist. In Chapter 27, on page 270, Dr. Green has three paragraphs about Oral Peptidases and mentions that studies are underway at Stanford University using a recombinant bacterial peptidase...capable of digesting...gliadin. In conclusion of that same chapter, Dr. Green states that most of the therapies described in the chapter are still theoretical...except the...oral peptidases trial already in progress. Three paragraphs in a 280 page book is not significant mention. Just last month, the Journal of the American Medical Association published an article entitled "Enzymes Might Cut Celiac Symptoms", July 26, 2006, Kuehn 296 (4): 382 Hope does appear to be present and in the process of being proven.

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