



Celiac Disease For Dummies

Ian Blumer, Sheila Crowe

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Celiac Disease For Dummies is the ultimate reference for people with the disease and their family members. The book helps readers identify symptoms of the disease, and explains how doctors definitively diagnose celiac disease. It outlines how celiac disease affects the body, and what its consequences could be if untreated. The authors explain how celiac disease is treated, not only through the elimination of gluten from the diet, but with additional nutritional measures and alternative and complementary therapies. Written by two practicing physicians, the book also offers practical, helpful guidance for parents of children with celiac disease, whose treatment may be a particular challenge.

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James Smith:

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