



## No Gluten, No Problem: A Handy Guide to Celiac Disease--with Advice and 80 Recipes

By Carlota Manez

Skyhorse Publishing, United States, 2015. Paperback. Book Condition: New. 210 x 150 mm. Language: English . Brand New Book. If you have celiac disease, you will know how difficult life without gluten can be. This book aims to help you live a gluten-free life in the simplest, most effective way. In the first part, you will learn all you need to know about gluten and celiac disease: how the disease is caused, how to recognize the symptoms, how to diagnose it, and how to treat it. This disease is one of the most habitual chronic illnesses worldwide, afflicting people of all ages, and its symptoms are varied. In the second part, No Gluten, No Problem teaches you how to prepare appetizing recipes for those afflicted with celiac disease. And if you re someone who always eats out, advice is provided for when you go away on vacation or out to eat. You will learn which foods contain gluten, as well as dietary recommendations and natural ways to keep your health in order. In this complete manual, you will also discover: \* Celiac disease: in-depth coverage \* Gluten-free diet: control what you eat \* Cooking for those afflicted: delicious, simple recipes...



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