



# Real Life with Celiac Disease

## *Troubleshooting and Thriving Gluten Free*



Are you among the millions with undiagnosed celiac disease or a gluten-related ailment? If you have unexplained depression, anemia, infertility, bone degeneration, liver disease, vitamin deficiency, or trouble with your balance, **Real Life with Celiac Disease** will help you consider whether you have undiagnosed celiac disease and need to go gluten free.

If you have been diagnosed with celiac disease or gluten sensitivity, **Real Life with Celiac Disease** could change your life. Find out:

- Why you are still having symptoms, even though you're eating gluten free
- Easy ways to adjust to a gluten-free lifestyle
- How to heal your gut with gluten-free fiber, vitamins, minerals, probiotics, and more
- Where to look for hidden gluten and why cheating has serious consequences
- Whether you can eat oats and wheat starch and how to travel and dine out safely
- How to eat healthy if you are a vegetarian, have diabetes, or want to lose weight
- Which family members need to be tested for celiac disease
- How celiac disease should be monitored by your health care team throughout life

The authors and more than 50 international experts share stories of patients who have celiac disease and gluten-related disorders. Find out the recommended treatments, the decisions and lifestyle changes made, and the outcomes. The broad, practical knowledge in this book will empower you and the people in your life to achieve the best possible health and well-being.



**Melinda Dennis, MS, RD, LDN**, was diagnosed with celiac disease 20 years ago. She is the Nutrition Coordinator and a founding member of the Celiac Center at Beth Israel Deaconess Medical Center in Boston, Massachusetts. Melinda lectures nationally and offers nutrition coaching, consulting, and wellness retreats through [www.DeletetheWheat.com](http://www.DeletetheWheat.com).

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