



Celiac Disease: Safe Food List And Essential Information On Living With A Gluten Free Diet

Jaqui Karr

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Celiac Disease: Safe Food List And Essential Information On Living With A Gluten Free Diet Jaqui Karr

What happens when a Certified Sports Nutritionist is diagnosed with Celiac Disease? An action plan like no other, designed in a format that can be read and applied the same day. This book is every Celiac's most needed friend. Firstly, a list of safe and unsafe ingredients in a slim, pocketbook format that makes it easy to have on hand while grocery shopping or carry anywhere. (note: not a grocery guide - as those can be outdated before even printed! manufacturers change ingredients very often. this guide provides actual ingredients you can check on labels which is the only way to eat safely) Also included: where to look for hidden dangers, food processing information, vitamin and supplement requirements, a small section addressing Celiac's relation to depression, and several ideas on how to make a smooth - even enjoyable - transition to living a gluten free life. How is all this packed into a small guide that fits in a purse? The author has a rare ability to zero in on the facts that matter and deliver them in a summarized, concise, very easy to read style. Probably the only book on the subject written in as close to point form as possible. The reader will not need to sort through hundreds of pages to find what they need. This guide is not meant to be an encyclopedia discussing Celiac; written in such a condensed way, every sentence on every page counts. An absolutely indispensable guide for every Celiac.

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