



Coping with Coeliac Disease: Strategies to change your diet and life (Overcoming Common Problems)

Karen Brody

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Coeliac disease is a digestive problem caused by gluten intolerance. More and more cases are being diagnosed, and doctors now recognize it as a very serious health problem. The symptoms include serious weight loss, pain, fatigue and depression, and many people report enormous improvements as a result of following a gluten-free diet. This handbook contains explanations of the causes and symptoms of coeliac disease, and sets out the diet, including some recipes. There is nutritional advice and special information for elderly sufferers.



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