

# Is unexplained

depression    infertility    liver disease  
anemia    bone degeneration

trouble with  
balance

# really undiagnosed celiac disease?

**More than 95% of all people with celiac disease are undiagnosed—and untreated—and at risk for complications from malnutrition to cancer.**

## Real Life with Celiac Disease

This book will help you consider whether you have undiagnosed celiac disease or gluten intolerance. If you've already been diagnosed, this book could change your life. Learn:

- ▶ Why you are still having symptoms, even though you're eating gluten free
- ▶ Easy ways to adjust to a gluten-free lifestyle
- ▶ How celiac disease should be monitored by your health care team throughout life
- ▶ Where to look for hidden gluten and how to travel and dine out safely
- ▶ Whether oats and wheat starch are safe to eat
- ▶ Which family members need to be tested for celiac disease

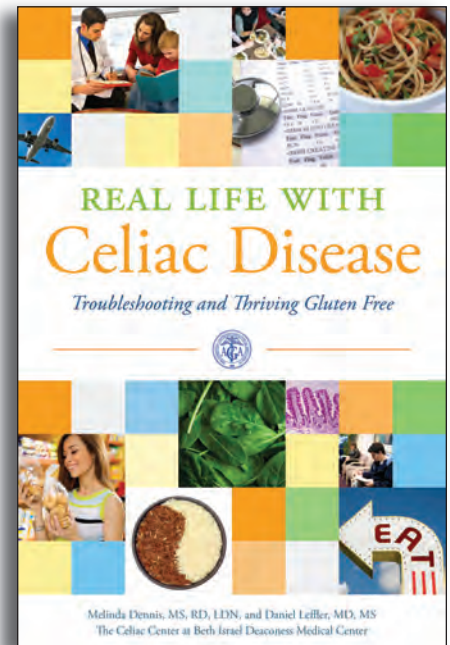


The authors, joined by more than 50 international experts, share stories of patients who have questions or problems related to celiac disease and gluten-related disorders. Find out the treatments recommended, the decisions and lifestyle changes made, and the outcomes.

- ▶ **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).
- ▶ **Daniel A. Leffler, MD, MS**, is the Director of Clinical Research and also a founding member of the Celiac Center at Beth Israel Deaconess Medical Center, Boston, Massachusetts. He sees patients, conducts research, and is on faculty at Harvard Medical School. Dr. Leffler has published numerous articles and chapters and speaks internationally on celiac disease.

"This is the first book to take a comprehensive look at the medical, dietary, nutritional, emotional, psychological, and social aspects of celiac disease and its only treatment, the gluten-free diet. If you have celiac disease, if you know of someone who has celiac disease, or if you treat people who have celiac disease, this book is essential reading."

—Steven Galante, The Healthy Villi (Greater Boston Celiac/DH Support Group)



"After the shock of my diagnosis wore off, I realized having celiac disease wasn't so bad—because I am in control, through education and good medical care."

—Karen Walsh, diagnosed in 2006 after a lifetime of symptoms

"There has been no better time in history to have celiac disease, thanks to *Real Life with Celiac Disease*. This book would have saved me much time and great stress during my abrupt introduction to the gluten-free world. Even the most well-informed patients have much to learn from this accessible guide."

—Ezra Brettler, diagnosed in 2008



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