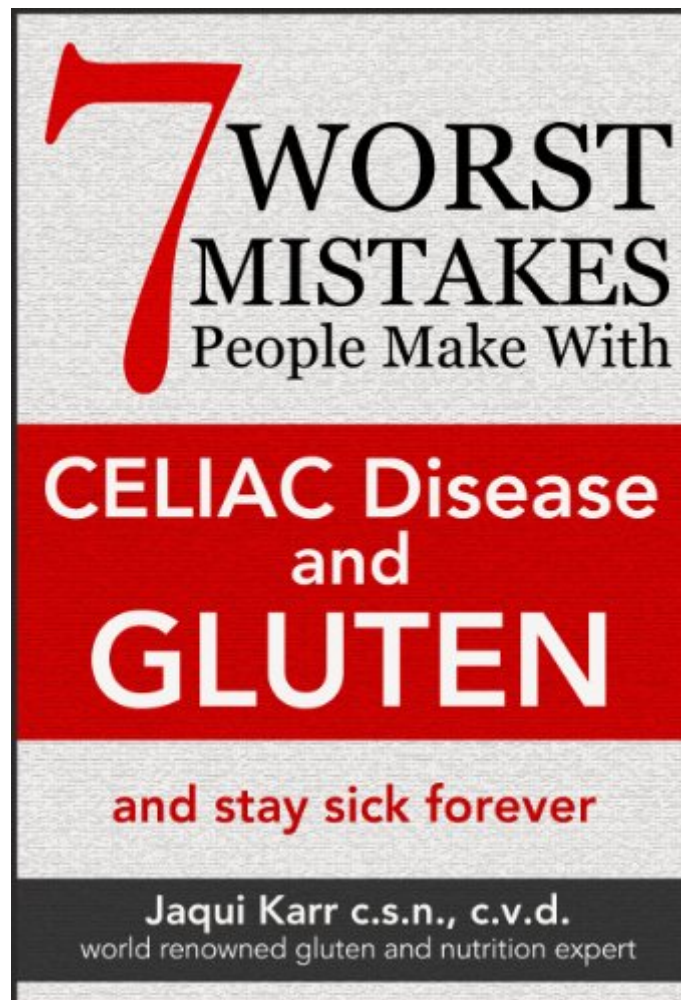




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7 Worst Mistakes People Make With Celiac Disease And Gluten: (and Stay Sick Forever)



Synopsis

Hundreds of millions of people are suffering from thousands of medical issues and there are thousands of symptoms overlapping each other. It's a busy world. Where to start?! Who has time (or wants to) read thousands of pages on digestive problems, autoimmune diseases, and this thing called Celiac / Coeliac Disease? But if you have a hint of an issue and are beginning your research, here's an easy read kept extremely short so you can do it quickly, and know where to look out for where people generally go wrong. It's like talking to a contractor BEFORE you start shopping for houses, this way you know what to look out for. How can we possibly read thousands of in-depth books to figure out what's going with us?! (yes, doctors used to do that for us... but that was when there were hundreds of diseases, not thousands, and our food supply wasn't a science fiction nightmare yet). Illness resulting from gluten, whether it's actual Celiac Disease or Non-Celiac Gluten Sensitivity, is probably the topic with the most misinformation out there right now. The problem is, who has time to read everything about every possible disease? Gluten reaction is not as simple to identify as a dairy allergy would be. It's also a lot harder to understand and maintain a gluten free diet because it's not as clear cut as maintaining a dairy free diet. Gluten is hidden everywhere and its symptoms (over 300 of them medically linked by Celiac Disease Research Centers worldwide) are so varied, ranging from the obvious digestive disorders and IBS (irritable bowel syndrome) symptoms to the not so obvious issues like depression, brain fog, and chronic fatigue syndrome. This short report is meant to help you if you looked at gluten as a problem before but ruled it out (happens often with this much misinformation!). The actual statistic is that people with Celiac Disease suffer for an average of eleven years before being diagnosed (and that's just counting when symptoms began to appear! ELEVEN YEARS!). Caught earlier and tested properly, not only is the pain avoidable but so might be triggering Celiac in the first place! This report is not an in depth biology lesson - that won't help you right now. I felt the need to create an extra short report just to help you avoid pitfalls. So short you can read it in one sitting on a lunch break. Understanding the misinformation is the only way to avoid them. This report is to help you avoid the near death experience I almost had from gluten and had I known then what I know now, I could have completely avoided triggering Celiac Disease in the first place. It's a good thing to do since it is an auto-immune disorder that is irreversible and has no cure. Do not suffer in silence. Do not let the web throw you off track. Take control of your health. You owe it to yourself. Life's too short to suffer from things that can easily be avoided.

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Customer Reviews

Sorry....but this was nothing more than the author complaining about doctors not diagnosing people correctly ...in a nutshell she tells you to get genetic testing to confirm if you Celiacs.....waste of 99 cents.

Would have liked to have seen more details of how to avoid gluten accidents. I have been diagnosed celiac 3 months ago. I found green smoothies that seemed gluten free but not and I do not for the life of me understand the need for gluten in a veggie smoothie. Thinking seriously about not consuming anything that was not prepared by my husband or myself. Way too risky

Finally, I have a better grasp of "celiac' s disease and gluten - intolerance ". I was misdiagnosed for many years , so much so that most doctors informed me it was all in my" head " . Thankyou Miss Jaqui , for writing this book 7 Worst Mistakes People Make with Celiac Disease and Gluten : (and

stay sick forever).Very informative, written in words that even I understood (brain fog).

This is what I needed to read! I am new to being a Celiac, at 63 yrs old! I've had or am having nearly every symptom listed and none of my doctors have ever brought up testing for Celiac or Non Celiac Gluten Sensitivity. I finally asked to be tested and what do you know, Celiac Disease, may have even caused my Colon Cancer! I see the same things happening to all four of my kids and several of my grandkids. You can bet I will be pushing for all of them to be tested!

This is the first book I read after finding out that I had Celiac Disease and it has provided me with a wealth of information as well as giving me a heads up about the Misinformation that exists in the medical arena and social media about gluten allergies. Great place to start. Thank you Ms. Karr! Definitely going to look into your other books.

A great quick and easy read in clear terms that exposes you to 7 myths about Celiac and Non-celiac gluten sensitivity. And, it inspires one to take charge of one's health in conjunction with your healthcare provider.

This is an excellent book to have on hand to help those who don't understand this disease. I will keep it on my phones Kindle reader for that very purpose.Thank for writing this Jaqui Karr

Easy to read and understand. Helps in gain knowledge for shopping for the right foods. Not genetic lyrics tested but lab results show celiac and feeling much better eating gluten free.

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