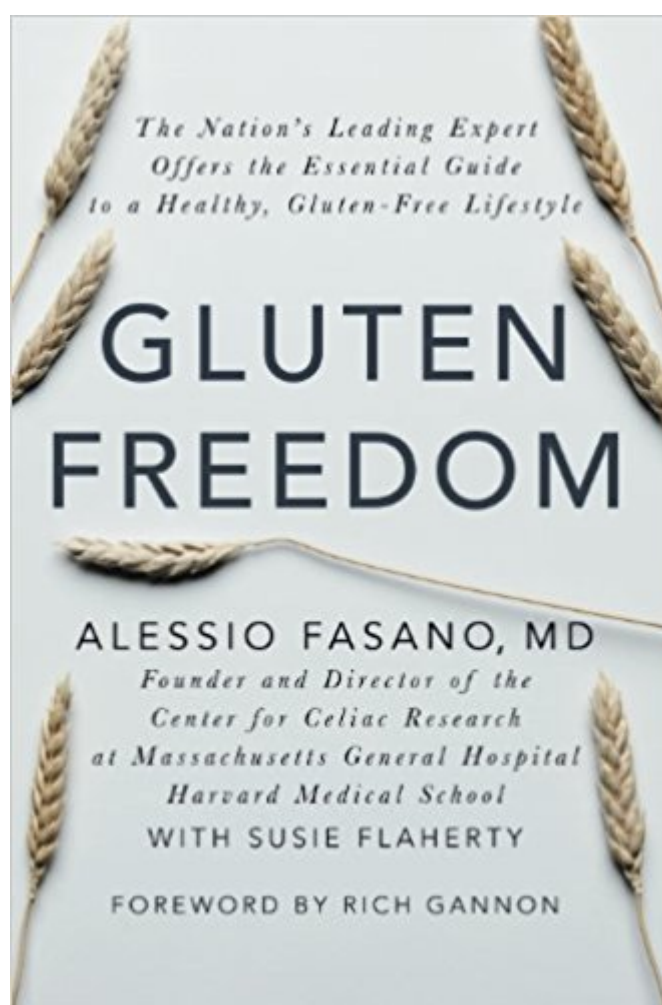


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# Gluten Freedom: The Nation's Leading Expert Offers The Essential Guide To A Healthy, Gluten-Free Lifestyle



## Synopsis

World-renowned gluten-related disorders expert Dr. Alessio Fasano presents the groundbreaking roadmap to a gluten-free lifestyle, and how millions can live better by going gluten free. For centuries, bread has been known as the “staff of life.” But for millions of Americans affected by gluten-related disorders, consuming gluten, the complex protein found in wheat, rye, and barley, can be hazardous to their health. In a recent poll presented by Scientific American, over 30% of Americans reported wanting to cut down or eliminate gluten from their diets; the gluten-free market is a \$6.3 billion industry and continues to expand. Now, in *Gluten Freedom*, Alessio Fasano, MD, world-renowned expert and founder of Massachusetts General Hospital’s Center for Celiac Research, reveals the latest developments in scientific research and treatment, and the answers they provide for this rapidly expanding audience. This groundbreaking, authoritative guide is an invaluable roadmap for the newly diagnosed, for those already dealing with gluten-related issues, and for anyone who thinks they may have an issue with gluten. Distinguishing scientific fact from myth, *Gluten Freedom* explains the latest research, diagnostic procedures, and treatment/diet recommendations, helping consumers make the best choices for themselves and their families. *Gluten Freedom* also discusses important nutritional implications for behavior-related diagnoses such as autism and conditions such as depression, anxiety, and “foggy mind.” Other highlights include: The differences between celiac disease, gluten sensitivity, and wheat allergy Current best practices for gluten-related disorders at any age Practical information on setting up a gluten-free kitchen, reading labels, and staying safe and healthy in a world filled with hidden sources of gluten The psychological impact of a diagnosis and its effect on a family Groundbreaking research for prevention and therapy Reliable and accurate resources for patients, parents, and physicians And even recipes for an authentic gluten-free Italian dinner from Dr. Fasano’s home kitchen

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## Customer Reviews

“Dr. Fasano’s insightful expertise and up-to-date research provides information that makes Gluten Freedom a must for every patient and practitioner.” Elaine Monarch, Diagnosed Celiac and Founder, Celiac Disease Foundation “Gluten Freedom is an adventure into the newest research about celiac disease and non-celiac gluten sensitivity easily understood, very readable, and very personal.” Tri-County Celiac Support Group, Michigan “I’ve read lots of literature about the diagnosis and treatment of celiac disease, but this book puts it all together. If someone is looking for the best and most accurate source of information on celiac disease and living gluten free, Gluten Freedom is it!” Barb Huyette, RN, Chairperson, Central Iowa Celiac Connection, Des Moines, Iowa “Both practical and understandable, Gluten Freedom is a great read and an invaluable reference for everyone embarking on a gluten-free diet. I highly recommend this!” Kim Koeller, Award-winning Author of Let’s Eat Out Around the World Gluten Free and Allergy Free, Founder of GlutenFree Passport “Gluten Freedom explains celiac disease in terms to be understood by the patient as well as the professional. . . . Learn and enjoy!” Janet Y. Rinehart, Former President of Celiac Society of America/USA; Chairman of Houston Celiac Support Group “In Gluten Freedom, [Dr. Fasano] cuts through the confusion and dispels the myths about gluten. An important work by one of the world’s leading experts, this book is a must-read for anyone interested in the gluten-free diet.” Alicia Woodward, Editor-in-Chief, Living Without Gluten Free & More “Dr. Alessio Fasano is one of the world’s leading authorities on gluten and celiac disease and in Gluten Freedom he presents the facts about what gluten does, whom it affects, and what can be done for the millions of Americans, most of them undiagnosed, with celiac disease.” Bookviews “Gluten Freedom provides an in-depth look at the history of celiac disease, living gluten free, and promising research and treatment prospects. . . . truly

fascinating.~ç~ –Â• ~ç~ –â çCaitlin Sexton, RD, President, Greater Rochester Celiac Support Group ~ç~ –Â“An engaging, comprehensive, and easy read, *Gluten Freedom* is an excellent reference for those with gluten-related disorders, their caregivers, physicians, dietitians, and the general public as well. [A] myth-dispelling, must-have work.~ç~ –Â• ~ç~ –â çMarilyn G. Geller, CEO, Celiac Disease Foundation “Informed and informative, *Gluten Freedom: The Nation’s Leading Expert Offers the Essential Guide to a Healthy, Gluten-Free Lifestyle* is exceptionally well written and presented, making all the information thoroughly accessible for non-specialist general readers, and is so well founded in research that it could well serve for medical student and health worker supplementary studies reading lists.” ~ç~ –â çMidwest Book Review~ç~ –Â“Gluten Freedom will provide patient and practitioner alike with the most current information on gluten-related disorders.~ç~ –Â This is indeed the information patients need to successfully live a gluten-free life.~ç~ –Â• ~ç~ –â çAnne Lee, EdD(c), RD, LD, Dr. Schar USA, Inc. ~ç~ –Â“We are so grateful that this serious and complicated disease has been thoroughly researched by experts.~ç~ –Â They provide confirmation and guidance for those suffering from the effects of gluten and continue to educate the health-care professionals treating them.~ç~ –Â• ~ç~ –â çThe Central New York Celiac Support Group ~ç~ –Â“As a pioneer in the study of gluten-related disorders, Dr. Alessio Fasano is a hero. He has dedicated his life to shining light on the science behind these pervasive conditions, and the world is privileged that he has taken his time to share his insight in this remarkable book.~ç~ –Â Don~ç~ –â„çt take a word of it lightly; he is one of the most credible experts there is.~ç~ –Â• ~ç~ –â çDanna Korn, Author of *Living Gluten-Free for Dummies* and *Wheat-Free, Worries Free*, Founder of R.O.C.K. (Raising Our Celiac Kids) ~ç~ –Â“[An] engaging and easy-to-read guide. I highly recommend this book for readers in all stages of their gluten-free journey.~ç~ –Â• ~ç~ –â çAlice Bast, President and CEO, National Foundation for Celiac Awareness ~ç~ –Â“In an era when a gluten-free diet has become the panacea for relief of symptoms for a large number of clinical conditions (gastrointestinal, neurologic, and inflammatory), evidence-based information is sorely needed for both the public and the practicing physician to appropriately decide when gluten should be removed from the diet. This book, *Gluten Freedom*, by one of the world’s experts on gluten and celiac disease, provides the appropriate objective evidence to make that decision.~ç~ –Â• ~ç~ –â çW. Allan Walker, M.D., Conrad Taff Professor of Nutrition and Pediatrics, Director, Division of Nutrition, Harvard Medical School ~ç~ –Â“Gluten Freedom . . . a must-read for people with newly diagnosed celiac. . . . Easy to understand, their updates on research are nothing but groundbreaking and provide hope for all of us.” ~ç~ –â çLee Graham, Executive Director, The Healthy Villi, New England Celiac Organization

"Immensely informative, on the cutting edge, and very, very readable." —Cliff Hauck, Chair, Western New York Gluten Free Diet Support Group, Inc. (Chapter # 33, Celiac Society of America) "[Dr. Fasano is] the Godfather of Gluten-Free." —Health & Wellness "If you're new to the gluten-free diet, this is the first book you should buy. If you already have a shelf full of gluten-free books, make room for Gluten Freedom." —Amy Ratner, Editor, Gluten-Free Living "[Gluten Freedom] gives clear guidance about best ways to avoid and treat problems with gluten among affected individuals." —James M. Perrin, MD, FAAP, Professor of Pediatrics, Harvard Medical School, MassGeneral Hospital for Children "Gluten Freedom will help all those who have a problem with gluten understand the biological processes that underlie their health issues, plus what the latest research says about these conditions and how to treat them." —Jane Anderson, About.com Expert in Celiac Disease and Gluten Sensitivity "When faced with a diagnosis that requires someone to change their entire life, the questions become: Why and How? Not only does Dr. Fasano's new book Gluten Freedom provide a scientific explanation of why a gluten-free life can help you heal, but he also tells you how best to make this happen. . . . [an] excellent resource for the newly diagnosed." —Kyra Bussanich, author of Sweet Cravings: 50 Seductive Desserts for a Gluten-Free Lifestyle (Ten Speed Press) and three-time gluten-free winner of Cupcake Wars

**THE GODFATHER OF GLUTEN-FREE** World-renowned gluten-related disorders expert Dr. Alessio Fasano presents the groundbreaking roadmap to a gluten-free lifestyle, and how millions can live better by going gluten free.

Very informative book. For one who wants to understand the details of the disease, it was very satisfying to get the explanation from a pioneer and expert whose compassion showed through in his writing. For disease management tips, other books may be superior, but for understanding, this is the best one I found.

I was a skeptic at first, until I looked at his credentials. This guy is amazing. He's running clinical trials right now at Boston Children's Hospital (if you have children with the problem.) Most up to date information right now on his publications is on Pub Med dot gov. Be sure to check out his web site. Check out his and his team's discovery of zonulin. This guy is definitely no "quack." I agree with the rest of the reviews that comment on how easy a read and how thorough his explanation is.

Dr Alessio Fassano is one of those leading the charge in the fight against celiac disease and the spectrum of gluten sensitivity related disorders. He breaks down the science and shares his journey in a way that allows the reader an opportunity to go along for the ride and really understand what is happening in the body when gluten triggers an auto immune response. When someone's purpose in life so clearly aligns with their professional choice we are truly the beneficiaries of that blessing. If you are so fortunate to come across this book take the time to read it. Understanding the presentation of this particular pathology (I believe) will lead to a new standard of care in medicine. Yes I truly believe that!

The leading celiac doc wrote this, so it's info you can trust. He goes into great detail explaining celiac and gluten sensitivity, which I appreciate. I feel much more educated and understand the disorders much better now.

Re-reading this now. Dr. Fasano is like a new lamp lighted in a dark corner. It shows the good stuff, but also the cobwebs. I live in an area where few people are progressive, including the few doctors available. No one is up to date on this subject and many still think it's a fad disease. Wish I lived in a more enlightened area. So far, I am treating myself using his guidelines.

THIS is the source book you want to read and to take to your doctor. THEN read the Mayo Clinic's "Going Gluten Free" to explain to your hubby what this book just said. :) Seriously, this is an in depth look at gluten, wheat, and the spectrum of disorders associated with it. It gets into the science aspect (which you can skip and still "get it" if you so choose). There are also case stories. If you, like me, want to know more than "you have celiac disease. Avoid gluten." then get this book.

This book starts with the history and provides the most current status of gluten and how it affects so many of us in different ways. Heavy on the science at times. As healthcare professional, the science was intriguing to read. It is evident Dr. Fasano is passionate about doing his best life's work and the writing of this book, shares it in a way the everyday person can understand. It is also nice to see how much he appreciates collaborating as a researcher. We are rewarded because of it. I have to share though, my spirits were most lifted when he shared his recipes for a gluten-free Italian meal! Simply one of my favorite chapters.

A must read for everyone who is facing a celiac diagnosis, suspects that they are a celiac, or for the countless others who are not celiacs but have a sensitivity to gluten. I also think that all medical doctors should be required to read this book. It is light-years ahead of what they studied in medical school about celiac disease and it explores the newer field of gluten sensitivity. It is an easy read and I use it like a gluten reference book. I highly recommend this book.

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