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Coeliac Disease: The Essential Guide

By Kate Coxon

Need2Know. Paperback. Book Condition: new. BRAND NEW, Coeliac Disease: The Essential Guide, Kate Coxon, When youre diagnosed with coeliac disease, the questions can seem overwhelming. What can I eat? What cant I eat? Why do I have to avoid gluten? How do I tell people about my condition? What about cooking, shopping and eating out? Its thought that around 1 in 100 people have coeliac disease, although many remain undiagnosed. Thankfully, the treatment for coeliac disease is straightforward: people diagnosed with the condition must avoid gluten in their diet. This essential guide provides clear and comprehensive information about what the disease is and how it will affect your diet and social life. It gives practical advice about prescription foods available and how to deal with children and teenagers with coeliac disease. Chapters also cover pregnancy, holidays and other conditions associated with coeliac disease. Being diagnosed with coeliac disease doesnt have to mean the end to good food: it can be the start of a healthy and enjoyable new way of eating.


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