



## Gluten Freedom: The Nation's Leading Expert Offers the Essential Guide to a Healthy, Gluten-Free Lifestyle

By Alessio Fasano

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### Gluten Freedom: The Nation's Leading Expert Offers the Essential Guide to a Healthy, Gluten-Free Lifestyle By Alessio Fasano

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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**Gluten Freedom: The Nation's Leading Expert Offers the Essential Guide to a Healthy, Gluten-Free Lifestyle By Alessio Fasano Bibliography**

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### Editorial Review

#### Review

“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's 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." ?Caitlin Sexton, RD, President, Greater Rochester Celiac Support Group

"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." ?Marilyn 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." ?**Midwest Book Review**

"*Gluten Freedom* will provide patient and practitioner alike with the most current information on gluten-related disorders. This is indeed the information patients need to successfully live a gluten-free life." ?Anne Lee, EdD(c), RD, LD, Dr. Schar USA, Inc.

"We are so grateful that this serious and complicated disease has been thoroughly researched by experts. They provide confirmation and guidance for those suffering from the effects of gluten and continue to educate the health-care professionals treating them." ?The Central New York Celiac Support Group

"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. Don't take a word of it lightly; he is one of the

most credible experts there is.” ?Danna Korn, Author of Living Gluten-Free for Dummies and Wheat-Free, Worry Free, Founder of R.O.C.K. (Raising Our Celiac Kids)

*“[An] engaging and easy-to-read guide. I highly recommend this book for readers in all stages of their gluten-free journey.” ?Alice Bast, President and CEO, National Foundation for Celiac Awareness*

“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.” ?W. Allan Walker, M.D., Conrad Taff Professor of Nutrition and Pediatrics, Director, Division of Nutrition, Harvard Medical School

*“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.”*

?Lee 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

#### From the Author

"The most accurate, comprehensive, and current guide to understanding why and how gluten can cause problems and to help separate fact from fiction." ?Cheryl Harris, MPH, RD|

"You can find no better authority on gluten-related disorders." ?The Alabama Gluten Free & Celiac Community

|"This book is one of the best all-in-one sources of information for anyone living with or interested in celiac disease, gluten sensitivity, and gluten-free living." ?Celebrate Gluten-Free

#### About the Author

World-renowned pediatric gastroenterologist and research scientist Alessio Fasano is founder and director of the Center for Celiac Research at Massachusetts General Hospital, the first research and treatment center for celiac disease, wheat allergy, and gluten sensitivity in the U.S. Dr. Fasano created the Center in 1996 to advance the treatment, research, and awareness of celiac disease; his research established the prevalence of the autoimmune disorder as one in 133 in 2003. A national and international keynote speaker, he is also widely sought by national and international media and has been featured in hundreds of outlets including *The New York Times*, *The Wall Street Journal*, NPR, CNN, Bloomberg News, *USA Today*, *Los Angeles Times*, *Huffington Post*, "Good Morning America," *VOGUE*, and numerous health-related websites and magazines. Trained in Naples, Italy, Dr. Fasano is visiting professor at Harvard Medical School and chief of the Division of Pediatric Gastroenterology and Nutrition at MassGeneral Hospital *for* Children.

Nationally award-winning higher education writer and editor Susie Flaherty is director of communications for the Center for Celiac Research at Massachusetts General Hospital. The former speechwriter to university presidents and international bank executives has led a wide variety of marketing and strategic communications projects, including a stint as senior editor at the University of Maryland. Her current work at the Center for Celiac Research includes promoting Dr. Fasano's research into the causes, treatment, and prevention of celiac disease and other autoimmune disorders. A member of the National Association of Science Writers, Susie is also an accomplished singer and songwriter.



## **Users Review**

### **From reader reviews:**

#### **Barbara Taylor:**

Reading a guide can be one of a lot of action that everyone in the world really likes. Do you like reading book and so. There are a lot of reasons why people like it. First reading a reserve will give you a lot of new info. When you read a publication you will get new information due to the fact book is one of many ways to share the information or perhaps their idea. Second, reading through a book will make an individual more imaginative. When you studying a book especially tale fantasy book the author will bring someone to imagine the story how the character types do it anything. Third, you could share your knowledge to other people. When you read this Gluten Freedom: The Nation's Leading Expert Offers the Essential Guide to a Healthy, Gluten-Free Lifestyle, you could tells your family, friends and also soon about yours reserve. Your knowledge can inspire the others, make them reading a book.

#### **David Nester:**

A lot of people always spent their own free time to vacation or even go to the outside with them family members or their friend. Do you realize? Many a lot of people spent many people free time just watching TV, as well as playing video games all day long. In order to try to find a new activity here is look different you can read some sort of book. It is really fun to suit your needs. If you enjoy the book that you read you can spent all day long to reading a reserve. The book Gluten Freedom: The Nation's Leading Expert Offers the Essential Guide to a Healthy, Gluten-Free Lifestyle it is very good to read. There are a lot of folks that recommended this book. We were holding enjoying reading this book. In the event you did not have enough space to create this book you can buy the e-book. You can m0ore simply to read this book out of your smart phone. The price is not very costly but this book offers high quality.

#### **Christy Dennie:**

The book untitled Gluten Freedom: The Nation's Leading Expert Offers the Essential Guide to a Healthy, Gluten-Free Lifestyle contain a lot of information on this. The writer explains the woman idea with easy approach. The language is very simple to implement all the people, so do not really worry, you can easy to read the item. The book was published by famous author. The author will bring you in the new age of literary works. You can easily read this book because you can read more your smart phone, or model, so you can read the book within anywhere and anytime. If you want to buy the e-book, you can open their official web-site as well as order it. Have a nice examine.

#### **Carl Harber:**

This Gluten Freedom: The Nation's Leading Expert Offers the Essential Guide to a Healthy, Gluten-Free Lifestyle is new way for you who has intense curiosity to look for some information given it relief your hunger associated with. Getting deeper you into it getting knowledge more you know or you who still having bit of digest in reading this Gluten Freedom: The Nation's Leading Expert Offers the Essential Guide to a Healthy, Gluten-Free Lifestyle can be the light food for you personally because the information inside that

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