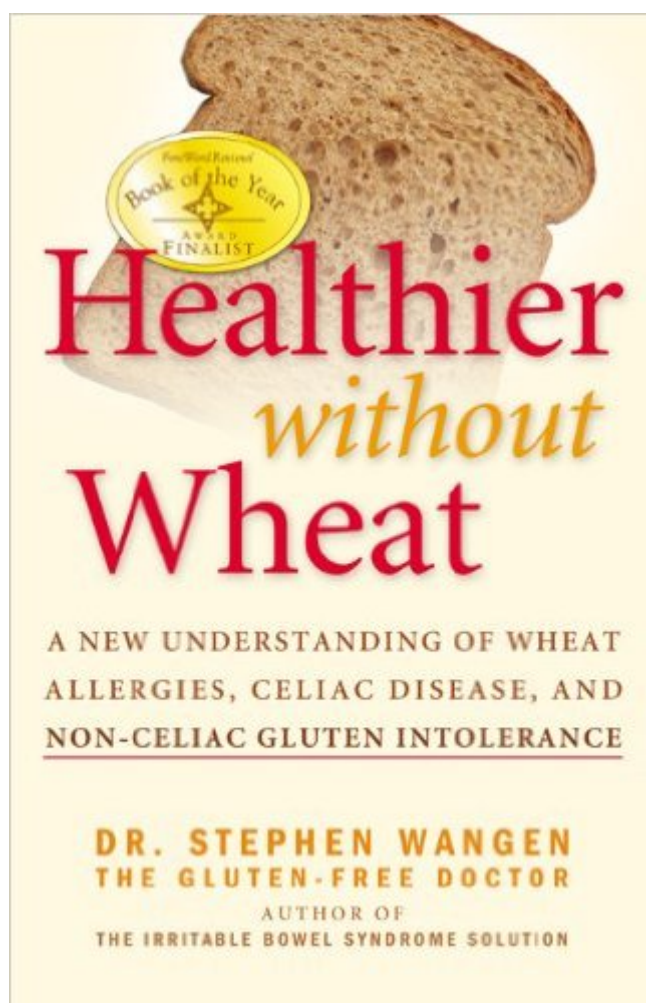


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# Healthier Without Wheat: A New Understanding Of Wheat Allergies, Celiac Disease, And Non-Celiac Gluten Intolerance.



## Synopsis

This is the leading resource for discovering your wheat allergy or gluten intolerance. For millions of people, bread, pasta, and many other foods are bad for their health. Thousands of people have already come to their own realization that they are healthier without wheat in their diet, but it can be difficult to figure out when most doctors aren't knowledgeable on the topic. This book provides validation for what these people have discovered, and explains how you too can determine whether or not wheat and gluten are making you sick. In *Healthier Without Wheat* you learn the difference between celiac disease, non-celiac gluten intolerance, and wheat allergies. You will discover how hundreds of health problems are connected to wheat and gluten reactions and why sorting this out on your own can be more difficult than you might think. You will also discover how you can be gluten intolerant even if you don't have celiac disease, and why non-celiac gluten intolerance can be just as severe as or more severe than celiac disease. You will also learn how to determine if your infant or child reacts to wheat or gluten. *Healthier Without Wheat* also covers nutritional deficiencies commonly seen in gluten intolerance, and equally important, what to do if you are avoiding gluten but not getting better. You should read this book if you or someone you know suffers from any of the following: abdominal pain, chronic anemia (iron deficiency), arthritis, autoimmune diseases, constipation, depression, diarrhea, eczema, fatigue, fibromyalgia, frequent illness, headaches, heartburn, hypoglycemia, irritable bowel syndrome, irritability, migraines, or osteoporosis.

## Book Information

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## Customer Reviews

Not all doctors understand how to properly diagnose gluten intolerance. I have been gluten intolerant for years without knowing it. One doctor tested me for celiac disease, and when the test came back negative, he told me I was fine and could eat gluten (wheat, barley, rye, etc.) without ever having to worry about it. He was wrong, and I kept getting sicker by the day. I am one of countless people who do not have celiac, yet I get very, VERY sick from eating gluten -- celiac gene tests and biopsy aside, my symptoms are exactly the same as someone with celiac, including malnutrition, malabsorption, HORRIBLE body aches that mimed Fibromyalgia (it got to where I could barely walk, and I might have been on the way to being diagnosed with MS), mouth sores, brain fog, trouble sleeping, numbness in arms and legs, nasty, embarrassing lower GI problems (oh my gosh . . . the list goes on and on.) I eventually became so weak; I couldn't even carry a lightweight purse. I felt as though I were dying, and I thought I was going crazy. People around me didn't understand. It was hell. Fortunately, I eventually found a doctor who understands celiac and gluten-intolerance (University of Chicago Celiac Center), and fortunately, someone FINALLY read the tests correctly. As I was going through my U of C rounds of tests, I found *Healthier Without Wheat* and read it. It helped me understand that I wasn't going crazy by questioning my original diagnosis. It brought me great comfort in seeking out a second opinion -- this was a blessing for which I will always be grateful. (For those who understand the medical side of things: I tested double DQ6, with a very high level of gliadin in my blood.) Dr.

I saw Dr. Stephen Wangen at a seminar in the South Seattle area recently. He made an appearance at a local library. Both my Mom and I are non-celiac gluten intolerant, which was covered in great detail at the seminar. Dr. Wangen did an amazing job of describing the difference between Celiac disease, non-celiac gluten intolerance, and gluten sensitivity - all different reactions to gluten. About a year and a half ago, I had "undiagnosable" symptoms such as headaches, constipation, extreme lethargy, brain fog, hives, tiny itchy spots on my skin, depression, anxiety, and more. No doctor could diagnose what was wrong with me. Two visits to the ER, one visit to a walk in clinic, 5 specialists and many, many books later, I started to wonder if I could be gluten intolerant. If only I had picked up Dr. Wangen's book earlier. I was tested by an allergist for wheat and dairy allergies. Negative. I was also tested for Celiac disease - also negative. In his seminar and in his book, Dr. Wangen specified the difference between allergies, intolerance, and sensitivity, and also covered in great detail how and where sensitivity and intolerance testing can be done. I've never had an intolerance test done, because every doctor I've been to - including a naturopath, allergist, and

even a gastroenterologist all said the testing is "unreliable." Dr. Wangen stated in his seminar that the IgE, IgG and IgA testing used to diagnose intolerance or sensitivity to particular foods is absolutely reliable, but that most doctors and health care professionals will "brush off" or "disregard" the testing because so little gluten sensitivity research has been done; therefore, they might not understand the testing entirely.

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