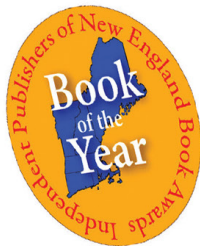


TOXIC STAPLE



*How **GLUTEN** may be
wrecking your health –
and what you can
do about it!*

Anne Sarkisian

Foreword by gastroenterologist
Cynthia Rudert, MD, FACP

Cynthia Rudert, MD, FACP
Foreword by gastroenterologist
ANNE

TOXIC STAPLE

How **GLUTEN** may be wrecking your health – and what you can do about it!

Anne Sarkisian

Foreword by gastroenterologist
Cynthia Rudert, MD, FACP



Photo by Pipere Sailer

Anne Sarkisian is an authoritative advocate for the awareness of celiac disease and gluten intolerance. After discovering gluten was the cause of a grandchild's ill health and her own chronic conditions she found the whole family was gluten intolerant. She has devoted ten years to researching, going to conferences, interviewing patients, interfacing with medical professionals, and writing *Toxic Staple*.

Contact Anne Sarkisian:

anne@toxicstaple.com

603-763-2026



Scan this code to go to
www.toxicstaple.com

SICK AND TIRED of being SICK AND TIRED?

*30% of the U.S. population may be gluten intolerant.
80% with celiac disease remain undiagnosed.*

The devastating and degenerative effects of gluten reach far beyond celiac disease to encompass over 300 symptoms, diseases, and disorders substantiated by a magnitude of research from around the world. Anne Sarkisian, award-winning author of *Toxic Staple*, provides stunning stories of transformed health and cutting-edge testing to detect intolerance to gluten. *Toxic Staple* chronicles Anne Sarkisian's personal journey to discover the underlying reasons for undiagnosed illness in her family.

Show and Story Ideas:

- ➔ Are Your Kid's Grades Dropping? Gluten Intolerance May be to Blame
- ➔ 25 Common Childhood Problems That Could Be Caused by a Hidden Gluten Intolerance
- ➔ Are Allergies and Asthma Plaguing You or Your Kids? Gluten Could be the Culprit.
- ➔ 10 Common Symptoms of Celiac Disease: Do You Have One or More of Them?
- ➔ Are You Spending Too Much Time in the John? What It Could Mean
- ➔ Should Everyone be on a Gluten-Free Diet?
- ➔ What Doctors Still Aren't Learning in Medical School That Is Destroying Lives
- ➔ Why Do 2.5 Million Americans with Celiac Disease Remain Undiagnosed? Why Must They Continue to be Plagued by Everything from Arthritis, Cancer, Autoimmune, Depression, Fatigue, Migraines, and Seizures... to Zits?

***Toxic Staple** was praised by New Zealand Gluten Syndrome expert Dr. Rodney Ford as one of several books explaining gluten intolerance beyond celiac disease.*

"Sarkisian raises valuable awareness not only about celiac disease, but about non-celiac gluten-intolerance, putting this book on the cutting-edge of this topic. It is a must-read for physicians and patients alike."

— Martha Bishop Pitman, MD, Associate Professor of Pathology at Harvard Medical School and Surgical Pathologist, Massachusetts General Hospital, Boston, MA

Media Experience

Radio: *CBS local NY*, WFAN, Bob Salter; *NPR: The Point: Cape and Islands*, WCAI, Mindy Todd; *Dirty, Sexy, Funny, SiriusXM*, Jenny McCarthy; *America Tonight*, Kate Delaney; *Price of Business on Bloomberg*, KETK, Kevin Price; *Corporate Talk*, Charlie and Eva; *The Frankie Boyer Show*, WROL, Boston; *Chat With Women*, KIXI, Pam and Rochelle; *DoctorHealthRadio*, KHNR, David Snow; *HealthyLife.Net All Positive Talk Radio*, Sharkie Zartman; *What Women Want*, WINT, Carol Ganser; *Good Life Revolution*, *iHeartRadio*, Cliff Dumas; *The Greenberg News*, Brian Greenberg; *That Was Zen, This Is Tao - Ask Lewis*, Lewis Harrison; *Woodstock Roundtable*, Doug Grunther.

Cable/TV: *The Literati Scene*, Smoki Bacon and Dick Concannon, Boston Chan 23 and 16 stations in NE; *Milford TV*; *Kearsage Chronicle*, WYCU, Lynn Solomon.

Praise for Anne Sarkisian's *Toxic Staple*

"...truly amazing book...fully referenced...an invaluable resource.... All health professionals should read it cover to cover, because universal recognition of gluten-related harm will transform medical care."

—Prof. Rodney Ford, MB, BS, MD, FRACP (paediatrician, gastroenterologist) Christchurch,
New Zealand (<http://www.DrRodneyFord.com>)
Author, *The Gluten Syndrome*

"Sarkisian raises valuable awareness not only about celiac disease, but about non-celiac gluten intolerance, putting this book on the cutting-edge of this topic. It is a must-read for physicians and patients alike."

—Martha Bishop Pitman, MD
Associate Professor of Pathology, Harvard Medical School
Gastrointestinal Surgical Pathologist, Massachusetts General Hospital, Boston, MA

"...amazed by her sincerity, and determination to confer the truth about so many toxic gluten effects... a gift, full of knowledge which could help many people suffering from enormous reactivity to gluten to live healthier... supported by appropriate reference from peer reviewed scientific journals that make it credible, not only for forward-thinking medical doctors, but also for all health professionals..."

—Zorica Juranić, PhD, Research Professor
Institute of Oncology and Radiology of Serbia

"*Toxic Staple* is an exceptional book that integrates the vast amount of research on the gluten-related epidemic! It is a must read, a gift for health care professionals or anyone looking to improve his or her health."

—Marie-Nathalie Beaudoin, PhD
Training Director Bay Area Family Therapy & Training Associates
Author, *The SKILL-ionaire in Every Child: Boosting Children's
Socio-Emotional Skills Using The Latest in Brain Research* (www.skillionaire.org)

"*Toxic Staple* is important reading for health professionals and the general public."

—Beatrice Trum Hunter, food editor, *Consumers' Research Magazine*
Pioneer writer on nutrition and healthy living

"...incredibly-well-referenced book, an invaluable resource for anyone with a history of the myriad symptoms that may be related to gluten."

—Cynthia Rudert, MD, FACP, Gastroenterologist, Medical Advisor
to Celiac Disease Foundation and Gluten Intolerance Group

"Toxic Staple provides a necessary and valuable awareness of the truth about gluten and empowers anyone reading it with knowledge that may help them achieve optimal health and well-being."

—Lawrence G Miller III, MD Henrico, VA (www.DrLarryMiller.com)

"...easy to understand, comprehensive... Toxic Staple must become a 'Staple' read for anyone dealing with the issues of celiac disease and gluten-related disorders... based on sound research and cutting-edge advice..."

*—Mary Schluckebier, Executive Director
Celiac Support Association (<http://www.csaceliacs.org>)*

"...justifiably frustrated with medical practitioners who are unschooled in the implications of gluten sensitivity, Anne's love is obviously the greater motive for this work... her sense of kinship with all those who struggle with the ravages of gluten reverberate from every page... Sarkisian... harnesses medical data in a way that top physicians do, but presents it in a plain-spoken style that is eminently readable."

*—Ron Hoggan, EdD
Co-author, Dangerous Grains: Why Gluten Cereal Grains May Be Hazardous to Your Health, and Cereal Killers: Celiac Disease and Gluten-Free A to Z
Author, The Iron Edge (www.dangerousgrains.com)*

"Toxic Staple is the big picture on why gluten can be so devastating to those who are intolerant of this common substance... stories are empowering and a great illustration of how medical miracles can happen."

*—Christine Doherty, ND
Balance Point Natural Medicine, Milford, NH (www.pointnatural.com)*

"... summarizing superb research... remarkable journey[s] to diagnosis and improved health.... a must-read for anyone with chronic health problems, including autoimmune diseases... Health care providers... would benefit from reading about the multitude of health issues..."

—Cheryl Gainer, MSN, RN, CNM Clinical Instructor, UTA College of Nursing

"...an impressive job of organizing massive technical data into a readable and understandable format that neither speaks down to the medical community nor is beyond the capacity of interested laymen to find their way through medical jargon... I now have... the ability to find not just the relief of symptoms, but potentially the root cause of my patients' concerns."

—Gale Pearce, PA-C

"Combining personal accounts with exhaustive research, this outstanding book should become a definitive resource on gluten intolerance."

Barry Silverstein, ForeWord Reviews

"Enhanced with a number of appendices, extensive endnotes, a substantial bibliography, and a comprehensive index, *Toxic Staple, How Gluten May Be Wrecking Your Health – And What You Can Do about It!* is very highly recommended for personal and community library Health & Medicine reference collections."

Midwest Book Review

"If you've been wondering about the reason you are seeing more gluten-free foods for sale and wondering if it is just the latest trend, you should read *Toxic Staple* . . . Judging from the praise the book has received from health professionals, she is clearly onto something."

Alan Caruba, Bookviews

Anne Sarkisian, author of *TOXIC STAPLE:* *How Gluten May Be Wrecking Your Health – and* *What You Can Do About It!*

Questions and talking points!

- How did you come to write *Toxic Staple*?
- What is the difference between celiac disease and gluten intolerance?
- How does gluten affect the body? Over 300 symptoms, diseases, and associated conditions.
- How does it affect children? Seniors?
- How epidemic is the gluten issue?
- Why don't our doctors know more about the symptoms and maladies linked to gluten?
- How does one detect celiac disease or gluten intolerance?
- How is your book different from others?
- 3 Take-a-ways for the audience.

If time permits:

- Is this a fad?
- Who will benefit from reading *Toxic Staple*?
- How has your life changed?
- Most dramatic improvement from a GF lifestyle.

Website and blog at www.toxicstaple.com
(awards, bio, media page, endorsements, and more)

603-763-2026

annesark3@gmail.com

anne@toxicstaple.com

About *Toxic Staple* — Bios — Fun Facts about Anne

About *Toxic Staple*

- *Award-winning *Toxic Staple* empowers readers to transform their health. Written for patients; recommended for professionals! (15 words)
- *Award-winning *Toxic Staple* goes beyond celiac disease; it empowers readers to transform their health with cutting-edge testing and powerful research. Written for the “sick and tired;” recommended for health care professionals! (32)
- *Sick & Tired of being Sick & Tired? Misdiagnosed? Undiagnosed? Overdosed? *Toxic Staple* exposes the devastating effects of gluten beyond celiac disease and empowers readers to transform their health and life with cutting-edge testing. Huge unawareness surrounds this epidemic of enormous proportion. (42)
- *Award-winning *Toxic Staple*, a “must read” if you are sick and tired of being sick and tired, exposes the devastating effects of gluten far beyond celiac disease. Stunning stories of rejuvenated health, substantiated by significant, easy-to-read research, link gluten to allergies, asthma, autoimmune disease, cancer, fatigue, depression, migraines, and so much more. (53)

Bios

- *Driven by the huge unawareness of the numerous and devastating effects of gluten, Anne Sarkisian empowers the reader to transform their health, life, and vitality. (25)
- *Anne Sarkisian has been an authoritative advocate for the awareness of celiac disease and gluten intolerance since 2004. To this end she has attended many medical conferences on the topic, read numerous books, and examined over 2000 abstracts and research studies from around the world.

Disturbed by the slow pace among medical professionals, Sarkisian passionately charts a gluten-free path to greater health, energy, and vitality that could be life-transforming for the reader. It was for her and her family. (80)
- *Anne Sarkisian’s personal family saga with celiac disease and the hazards of gluten lead her to becoming an authoritative advocate for the awareness of celiac disease and gluten intolerance. Driven by the copious research linking gluten to over 300 symptoms and diseases, she wanted to share this life-transforming information with the ailing public. Disturbed by the slow pace of traditional medicine she passionately charts a gluten-free path to greater health, energy, and vitality that could be life-enhancing for the reader.

Through a decade of research, conferences, collecting success stories, and writing Sarkisian created *Toxic Staple* to empower readers to advocate for their own health in conjunction with their doctors. In 2014, *Toxic Staple* won 4 awards presented by the Independent Publishers of New England (IPNE): Book of the Year, Informational Non-fiction, Best Cover Design, and Best Interior Design. Endorsements found in the front matter and at <http://www.toxicstaple.com> suggest doctors and patients alike should read the book. (apx. 150)

* Anne Sarkisian has been an authoritative advocate for the awareness of celiac disease and gluten intolerance since 2004. To this end she has attended many medical conferences on the topic, read numerous books, and examined over 2000 abstracts and research studies from around the world. Along the way, she has interviewed hundreds of people who have found relief from a variety of medical conditions by adopting a gluten-free lifestyle.

Sarkisian is constantly discovering new data that associates gluten with common symptoms and maladies, some of which can be degenerative, others life-threatening. There is no shortage of information! What is lacking is a workable mechanism by which research findings can be made readily available to doctors and health care professionals. Huge research exists, but little is being done to educate our doctors.

The award-winning book, *Toxic Staple: How Gluten May Be Wrecking Your Health – and What You Can Do About It!* brings cutting-edge information on testing and the numerous devastating diseases and symptoms linked to gluten to the medical community and the public alike. Sarkisian's website, www.ToxicStaple.com reveals endorsements suggesting doctors read her book; her blog provides further information.

Disturbed by the slow pace among medical professionals, Sarkisian passionately charts a gluten-free path to greater health, energy, and vitality that could be life-transforming for the reader. It was for her and her family.

Almost a decade ago, every member of Sarkisian's family was diagnosed with celiac disease or gluten intolerance. At that point she became determined to learn everything she could about this insidious substance that was wreaking havoc with her family's well-being and with the well-being of millions of families across the country. The result was *Toxic Staple* a book she hopes might empower readers to become their own advocate, in conjunction with their doctors, in a quest for better health.

Sarkisian is a graduate of the University of New Hampshire '64 and taught elementary school before leaving the teaching profession to raise her family. She lives with her husband in a totally gluten-free household in New Hampshire. (340)

Fun Facts about Anne

- A competitive abstract/interpretive floral designer
- Competes in Boston; over 20 years; won many top awards
- Exhibited at Art In Bloom at Museum of Fine Arts, Boston apx. 20 years
- Master Flower Show Judge with Mass. Federation of Garden Clubs
- Member of Clever Hand Gallery in Wellesley, MA over 20 years: fibre artist and jewelry designer. <http://www.cleverhandgallery.com>
- Usually cooks off the top of her head and has a hard time following a recipe unless baking
- Loves to garden
- "Glutenous" poems by Anne are on her blog at www.ToxicStaple.com



SICK and TIRED of being SICK and TIRED?

Gluten may be the culprit. *TOXIC STAPLE* exposes how the devastating effects of gluten reach far beyond celiac disease. Over 300 symptoms and maladies are linked to this insidious protein, from allergies, arthritis, asthma, autoimmune disease, cancer, depression, fatigue, gut or memory issues, migraines, osteoporosis, reflux. . . to zits.

MISDIAGNOSED, UNDIAGNOSED, OVERDOSED?

READ *TOXIC STAPLE* and you will:

- Learn to recognize how gluten could be affecting your health
- Discover the revolutionary, preventative, health benefits of a gluten-free lifestyle
- Find hope in the inspirational stories of real people - substantiated by nearly 700 scientific, easy-to-read studies from around the world
- Get the scoop on cutting-edge and traditional tests that will help you detect a sensitivity
- Become empowered to transform your health and life

Gluten can affect any part of the body, on multiple systems, at any age.

TOXIC STAPLE was featured by world expert Dr. Rodney Ford (NZ) on his video as one of the three books discussing the view of gluten intolerance beyond celiac disease

"...I am awed by the detailed information presented in a user friendly format. Sarkisian raises valuable awareness not only about celiac disease, but about non-celiac gluten intolerance, putting this book on the cutting-edge of this topic, and is a must read for physicians and patients alike."

—Martha Bishop Pitman, MD Associate Professor of Pathology, Harvard Medical School; Gastrointestinal Surgical Pathologist, Massachusetts General Hospital, Boston, MA

"*Toxic Staple* is an exceptional book that integrates the vast amount of research on the gluten-related epidemic! It is a must-read, a gift for health-care professionals or anyone looking to improve his or her health."

—Marie-Nathalie Beaudoin, PhD, Training Director, Bay Area Family Therapy & Training Associates

"*Toxic Staple* is an exceptional and unique book integrating the vast amount of research on the gluten-related epidemic."

—Beatrice Trum Hunter, food editor, Consumers' Research Magazine;
Pioneer writer on nutrition and healthy living

Press for *Toxic Staple*

News Releases

January 23, 2014

Why Gluten Is Bad for Tens of Millions of Americans

[http://finance.boston.com/boston/news/read/26223927/Why Gluten Is Bad for Tens of Millions of Americans](http://finance.boston.com/boston/news/read/26223927/Why_Gluten_Is_Bad_for_Tens_of_Millions_of_Americans) (Boston Globe)

April 24, 2014

TOXIC STAPLE Wins Four Awards at the Independent Publishers of New England Conference:

- Book of the Year
- Informational Non-Fiction
- Cover Design
- Interior Design

Read about it in londonthenews.com

<http://www.prweb.com/releases/2014/04/prweb11790985.htm>

WebWire Releases

To bring awareness to the seriousness of the affects of gluten:

Tom Brokaw / Multiple Myeloma / Gluten

<http://www.webwire.com/ViewPressRel.asp?ald=197635>

John Nash / Schizophrenia / Gluten

<http://www.webwire.com/ViewPressRel.asp?ald=198169>

YouTube

Toxic Staple is featured as one of the go to books on the bigger picture of gluten intolerance beyond celiac disease by expert Dr. Rodney Ford @ min. 9. http://bit.ly/TEDxDrRodneyFord_GlutenRisk

www.ToxicStaple.com

Home page

Toxic Staple: How Gluten May Be Wrecking Your Health and What You Can do About It!

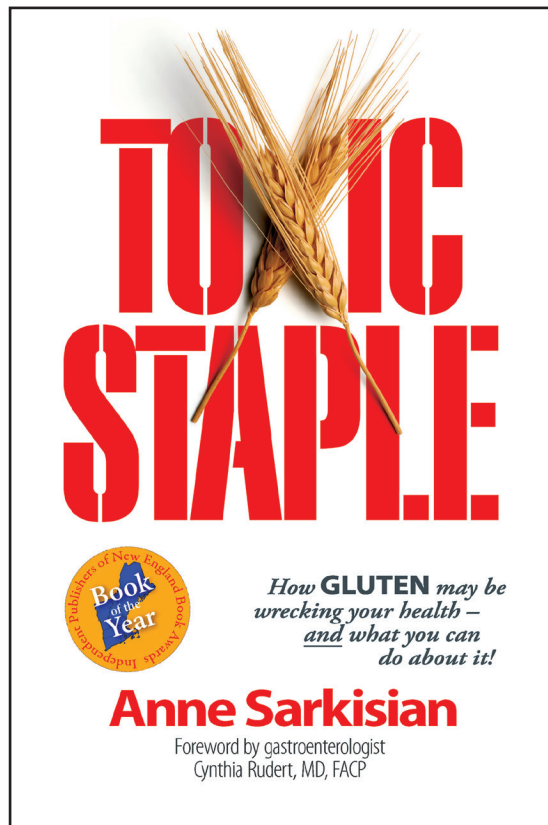
www.youtube.com/watch?v=F3zDNKIM4lg

Downloadable author picture



© 2013 Pipere Sailer: PS Photographer
Anne Sarkisian High Res 300 dpi

Downloadable book cover



***Toxic Staple* discusses many of the over 300 symptoms, diseases, and associated conditions linked to gluten by thousands of stunning international studies. This table of contents will give an idea as to the breadth of illness associated with gluten.**

Contents

| | |
|---|------|
| Introduction | xvii |
| 1 Crazy | 1 |
| 2 Angry Gram: A Family Saga..... | 4 |
| 3 A Whirlwind of Illnesses..... | 16 |
| 4 Gluten 101: A Primer on Intolerance..... | 20 |
| Gluten Sensitivity | 20 |
| Celiac Disease | 20 |
| Four Classes of Celiac Disease | 22 |
| Non-Celiac Gluten Intolerance..... | 25 |
| 5 Misdiagnosed from Coast to Coast..... | 27 |
| 6 Systemically Intrusive, Ever Elusive..... | 30 |
| 7 More than a “Gut Feeling” | 37 |
| Irritable Bowel Syndrome | 41 |
| Inflammatory Bowel Diseases..... | 44 |
| Lactose Intolerance..... | 45 |
| Gastritis | 46 |
| Intussusception..... | 49 |
| Constipation | 51 |
| 8 Typically “Atypical” Symptoms | 52 |
| Anemia..... | 52 |
| Thrombocytosis..... | 57 |

| | | |
|----|---|-----|
| | Osteoporosis | 57 |
| | Esophagitis and Reflux..... | 59 |
| | Fatigue, Insomnia, Anemia, and Depression..... | 62 |
| | Allergies and Asthma..... | 64 |
| | Weight Loss/Gain | 69 |
| | The Highs and Lows of Celiac Disease | 71 |
| 9 | Neurological Dilemmas: The Mind-blowing Hazards of Gluten | 75 |
| | Neurological Impairment | 75 |
| | Memory, Dementia, and Depression | 77 |
| | Autism and ADHD..... | 80 |
| | Asperger's Syndrome | 83 |
| | ADD and ADHD | 86 |
| | Gluten Ataxia..... | 88 |
| | Neuropathy | 92 |
| | Multiple Sclerosis | 94 |
| | Alzheimer's, Huntington's, Parkinson's, and Amyotrophic Lateral Sclerosis..... | 97 |
| | Seizures..... | 98 |
| | Neuromuscular Issues | 99 |
| | Myoclonic Jerks—Tics | 100 |
| | “Rag Doll” Fatigue, Leg Drag, Eye Droop, and Lots More. . . | 100 |
| | Schizophrenia | 103 |
| | An Old Friend | 104 |
| | Depression | 105 |
| | Migraines, Headaches, Tics, and Restless Legs Syndrome. . . | 108 |
| | Migraines..... | 109 |
| | Restless Legs Syndrome..... | 110 |
| 10 | Autoimmune Disease..... | 111 |
| | Diabetes | 113 |
| | Thyroid Disease..... | 117 |
| | Thyroid, Vitiligo, and CD | 118 |
| | Arthritis | 121 |
| | Cardiomyopathy | 126 |
| | Idiopathic Thrombocytopenia Purpura | 127 |
| | Written in Blood | 128 |
| | Liver Disease: Autoimmune Hepatitis and Primary Sclerosing Cholangitis | 129 |
| | Pancreatitis..... | 131 |

| | | |
|----|--|-----|
| | Addison's Disease | 132 |
| | The Pituitary Gland—Hypophysitis | 133 |
| | Fibromyalgia | 133 |
| | Stiff-Person Syndrome | 134 |
| | Scleroderma and Lupus | 134 |
| | Sjögren's Syndrome..... | 136 |
| | Dermatomyositis and Polymyositis | 138 |
| | Inclusion Body Myositis..... | 138 |
| | Alopecia | 139 |
| | Lichen Sclerosus | 140 |
| | Cystic Fibrosis | 141 |
| 11 | The Skin You're In..... | 143 |
| | Dermatitis Herpetiformis | 144 |
| 12 | Our Children Are Our Future | 149 |
| | Spontaneous Abortions | 149 |
| | Infertility and Pregnancy Issues..... | 150 |
| | Male Infertility, Loss of Libido, and Impotence..... | 152 |
| | Preeclampsia, Toxemia, and Severe Cramps | 152 |
| | Endometriosis | 155 |
| | Birth Defects, Learning Disabilities, and Developmental Delay | 156 |
| 13 | Gluten Indicted: An “Enhancer to Cancer” | 158 |
| | Cancer and Celiac Disease | 162 |
| | Lymphoma | 164 |
| | Myeloproliferative Disease | 165 |
| | Adenocarcinoma..... | 165 |
| | Multiple Myeloma..... | 166 |
| | Refractory Celiac Disease | 166 |
| 14 | Organ Malfunction: A Medical Masquerade | 171 |
| | The “Heart” of the Matter | 171 |
| | The Heart and Vitamin and Mineral Deficiencies | 173 |
| | The Heart and CD..... | 173 |
| | Cardio/Thyroid | 174 |
| | High Blood Pressure..... | 175 |
| | Low Pulse Rate | 175 |
| | Stroke | 176 |
| | Ocular Issues: The Eyes Have It!..... | 177 |
| | Lung Problems..... | 180 |

| | | |
|----|--|-----|
| | Gall Bladder | 183 |
| | Spleen | 184 |
| | Kidneys..... | 185 |
| | Bladder | 186 |
| 15 | A Commodity of Oddities..... | 189 |
| | No Symptoms | 189 |
| | Pain | 190 |
| | Eating Disorders | 192 |
| | Oral Health Issues..... | 193 |
| | Auditory Problems | 194 |
| | Lyme Disease..... | 195 |
| 16 | Gluten 102: Traditional Blood Testing..... | 198 |
| | Who Should Be Tested..... | 198 |
| | The Critical Four: Blood Tests Needed to Detect | |
| | Celiac Disease | 199 |
| | What's It All About?—Antibodies | 200 |
| | Tissue Transglutaminase Antibody (tTG))..... | 201 |
| | Endomysial Antibody (EMA)..... | 202 |
| | Antigliadin Antibody (AGA) | 202 |
| | Total Serum IgA | 203 |
| | Deamidated Gliadin Peptides (DGP) | 204 |
| | Other Tests for CD | 204 |
| | Testing Children | 205 |
| | Endoscopic Biopsy | 209 |
| 17 | Gluten 103: Progressive Stool Testing | 213 |
| | Stool Tests..... | 214 |
| | A Range of Options | 216 |
| | Testing Children | 217 |
| | A Must-Read | 217 |
| 18 | A Lousy Inheritance..... | 219 |
| 19 | The Gluten-Free Lifestyle: Say It with a Smile | 226 |
| | The Gluten-Free Diet—You Don't Just Try It | 226 |
| | Benefits Far Outweigh the GFD Effort | 231 |
| | Compliance | 235 |
| 20 | One Bite at a Time | 237 |
| | Begin at the Beginning..... | 237 |
| | Gluten-Proof Your Kitchen | 238 |

| | |
|--|-----|
| Watch for Other Sources of Contamination..... | 239 |
| Know the Enemy: What's Allowed and What's Not? | 239 |
| So What Can I Eat?..... | 244 |
| Dining Out..... | 244 |
| Traveling?..... | 248 |
| It's All Relative..... | 248 |
| 21 Dairy, Dairy, Quite Contrary | 251 |
| 22 Motivation Breeds Creation | 256 |
| 23 Health Care Despair..... | 259 |
| 24 Brevity or Longevity?..... | 262 |
| Appendix A — Empowerment..... | 266 |
| Appendix B — Helpful Resources | 268 |
| Books about Gluten Sensitivity..... | 268 |
| Books about a Gluten-free Diet..... | 270 |
| Periodicals | 270 |
| Websites about Gluten Sensitivity/Research..... | 270 |
| Websites about a Gluten-free Diet | 271 |
| Other Websites of Note (a few of many) | 272 |
| National Support Groups..... | 273 |
| Education and Research Centers | 273 |
| Support Forums | 273 |
| Appendix C — Acronyms and Definitions..... | 274 |
| Endnotes | 277 |
| Bibliography | 293 |
| Index..... | 323 |