

# 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](mailto:anne@toxicstaple.com)

603-763-2026



Scan this code to go to  
[www.toxicstaple.com](http://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, Autoimmune, Cancer, 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

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

— Beatrice Trum Hunter, food editor, Consumers' Research Magazine

### Media Experience

**Radio:** The Point with Mindy Todd (NPR), To Your Good Health Radio, Good Life Revolution with Cliff Dumas, Chat With Women with Pam and Rochelle, Woodstock Roundtable with Doug Grunther, 1550 Magazine WNTN-AM with Jason Turesky, "Speaking of..." with Mike Schikman

**Cable:** The Literati Scene with Smoki Bacon and Dick Concannon; Milford TV

**Talks/Signings:** Harvard Coop, B&N Manchester and Bellingham, area libraries, as well as local talks.