



# TOXIC STAPLE

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

## Sick and Tired of being Sick and Tired?

*Nearly 1% of the population has celiac disease, yet over 80% remain undiagnosed; 30-40% of the population may be gluten sensitive.*

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

It's easy to dismiss the recent explosion of gluten-free foods as simply the latest in a long line of trendy food fads. Toxic Staple chronicles Anne Sarkisian's personal journey to discover the underlying reasons for undiagnosed illness in her family.

Read **Toxic Staple** and you will:

- Recognize how gluten may be affecting your health
- Discover the revolutionary health benefits of a gluten-free lifestyle
- Find hope in more than 50 inspirational stories of real people—substantiated by nearly 600 international studies
- Get the scoop on cutting-edge and traditional tests
- Become empowered to rejuvenate your health and enhance your life and longevity

Misdiagnosed?  
Undiagnosed?  
Overdosed?

Learn how Gluten  
may be wrecking  
your health.



**Author:** Anne Sarkisian  
Foreword by Dr. Cynthia Rudert, MD

**Genre:** Health/Fitness/Nutrition

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Cover Design  
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**ABOUT THE AUTHOR:** Anne Sarkisian is an authoritative advocate for celiac-disease and gluten-intolerance awareness. To this end she has spent ten years researching relevant literature (including over 2000 scientific studies/abstracts), interviewing patients, and interfacing with leading medical professionals.

“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

“Her concern for her family and her sense of kinship with all those who struggle with the ravages of gluten reverberate from every page.”

— Ron Hoggan, EdD, Co-author, Dangerous Grains; Author, Cereal Killers

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