

Praise for Anne Sarkisian's *Toxic Staple*

Toxic Staple is important reading for health professionals and the general public. Gluten intolerance heretofore was unrecognized as a possible factor in a spate of diverse health conditions. *Toxic Staple* presents reliable sources that show convincing evidence of connections. “Contains no gluten” or “gluten-free!” are phrases now found on numerous food product labels (although some of the products have never contained gluten). Nevertheless, this trend has developed a public awareness of gluten and the need for some individuals to avoid gluten-containing grains.

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

Toxic Staple is an exceptional and unique book integrating the vast amount of research on the gluten-related epidemic. The author balances the most complete synopsis of scientific knowledge published to date with eloquently written and compelling stories that make it accessible to anyone. Well-organized around a list of symptoms, the book provides remarkable evidence for the many health problems that may abate from following a gluten-free diet. It is a must-read, a gift for health care professionals, physicians, psychologists, or anyone looking to improve his or her own health or that of a loved one.

—*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. The title of Anne Sarkisian's truly amazing book succinctly states the core issue: Mankind has mistakenly taken the safety of wheat for granted, even though gluten has now been shown to be toxic for many. Sarkisian guides us easily through a comprehensive catalog of gluten-related disorders encompassing celiac disease, atypical symptoms, autoimmune problems, and gluten intolerance/sensitivity (also known as the gluten syndrome). The poignant case histories tell story after story of sickness, dismissal, frustration at finding a diagnosis, and finally healing when gluten was ultimately determined as the source of

the problem. *Toxic Staple* is fully referenced, making it an invaluable resource for everyone who wants to get to grips with this emerging major health problem. All health professionals should read it cover-to-cover, because universal recognition of gluten-related harm will transform medical care. Like me, once you understand the implications which are so clearly documented in this book, you are unlikely to consume gluten ever again.

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

Not feeling quite right? Sick and tired of feeling sick and tired? Read on as you might just find a cure. Anne Sarkisian's highly researched book on celiac disease and gluten intolerance recounts her personal experience and that of many others who have discovered the benefits of eliminating the *Toxic Staple* from their diets. As a gastrointestinal surgical pathologist who routinely diagnoses celiac disease on tissue biopsies of the small intestine, and a mother of two children with 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 a must read for physicians and patients alike. While a gluten-free diet may not help everyone, improvement in one's health and well-being without a prescription or operation is certainly worth the effort. Read on and learn how.

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

Toxic Staple is one of the most comprehensive and thoroughly researched books ever written about gluten sensitivity. As a practicing physician with tremendous success in diagnosing numerous patients with gluten issues, I highly recommend this book as a "must read" for all my colleagues, their patients, and families who want to expand their knowledge of gluten and its negative effects on one's mind, body, and spirit. Anne Sarkisian has done an excellent job of providing documented resources and presenting numerous case studies in a passionate, informative way. *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)

Toxic Staple is the big picture on why gluten can be so devastating to those who are intolerant of this common substance. Anne has done a wonderful job pulling practical information from the latest research and making it digestible for people to share with their health care professionals in the quest for a full and vibrant recovery. The stories are empowering and a great illustration of how medical miracles can happen.

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

Anne Sarkisian's new book about the impact of gluten on human health has a visceral appeal that resonates with my own experience. Although 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 concern for her family and her sense of kinship with all those who struggle with the ravages of gluten reverberate from every page.

Each anecdote offers yet another insight into the many faces of this modern challenge to human health, while announcing the importance of gluten as a factor in the development of autoimmunity, neurological conditions, some cardiovascular diseases, many cancers, and a host of other ailments. Sarkisian cites and connects reports from the medical and scientific literature to numerous detailed case histories. She harnesses medical data in a way that top physicians do, but presents it in a plain-spoken style that is eminently readable. For your own good, read this book.

—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)

Anne Sarkisian, author of *Toxic Staple*, informs the reader about the myriad symptoms, health issues, and disease processes that may stem from gluten sensitivity. Along with summarizing superb research

covering health issues related to celiac disease (CD) and gluten intolerance (GI), the author shares stories of individuals with CD or GI and their remarkable journey to diagnosis and improved health. The book is a must-read for anyone with chronic health problems, including autoimmune diseases, or for family members diagnosed with CD or GI. Health care providers also would benefit from reading about the multitude of health issues that may be due to undiagnosed CD or GI.

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

An easy-to-understand, comprehensive book of patient and family journeys to restore and maintain health through a gluten-free lifestyle.

—Mary Schluckebier, Executive Director
Celiac Sprue Association (<http://www.csaceliacs.info/>)

Sarkisian has done 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 to an understanding of their own area of need or interest.

Obviously, the attitude of many medical professionals reading this book will be, “You have included every disease known to man.” This is what I have often been told as I try to tell my peers about the data I have discovered on my own. They don’t want to believe a staple as common as wheat has the potential to cause disease on so many fronts. Prior to my own experiences, I, too, was one of the naysayers, and even now I am often looked at with a cross-eyed stare when I relate my own family ordeal with gluten. In a culture accustomed to relieving symptoms with drugs, the concept that a simple dietary change can make such a difference seems, for many, too simplistic to believe. Nevertheless, I now have at my fingertips the ability to find not just the relief of symptoms, but potentially the root cause of my patients’ concerns. Looking at gluten as a possible source of health-related issues can also point to the prevention of undiscovered medical problems for both patients and their family members.

—Gale Pearce, PA-C

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