



# The Ultimate Gluten-Free Diet: The Complete Guide to Coeliac Disease and Gluten-Free Cookery

*Dr. Peter Rawcliffe, Ruth James*

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# The Ultimate Gluten-Free Diet: The Complete Guide to Coeliac Disease and Gluten-Free Cookery

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**The Ultimate Gluten-Free Diet: The Complete Guide to Coeliac Disease and Gluten-Free Cookery** Dr. Peter Rawcliffe, Ruth James

Anyone, from babies to adults can develop Coeliac disease—a sensitivity to the protein called gluten, which is found in wheat and certain other cereals. The gluten causes damage to the absorbing areas of the gut, interfering with the absorption of nutrients and causing vitamin and mineral deficiency. In this fully revised and updated guide, authors offer reassuring and practical advice to sufferers of Coeliac disease, discussing symptoms and diagnosis, and introducing the gluten-free diet. This includes sound nutritional advice, hints and tips on adapting to a gluten-free lifestyle, and a wealth of delicious recipes for every occasion. Understanding the condition is halfway to coping with it. This excellent book helps you to do both.

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