



## Coeliac Disease: What You Need to Know (2nd Revised edition)

By Alex Gazzola

SPCK Publishing. Paperback. Book Condition: new. BRAND NEW, Coeliac Disease: What You Need to Know (2nd Revised edition), Alex Gazzola, Coeliac disease (CD) is an auto-immune disease caused by intolerance to gluten, affecting around 700,000 people in the UK. Under-diagnosis is a problem, and mild CD in particular is more common than previously thought. This new edition provides the latest on this important condition, and in particular updates the food labelling in line with changing food labelling laws. Topics include: Tests and diagnosis Diet and nutrition Other auto-immune conditions - e.g .type 1 diabetes thyroid disease; other health issues - e.g .lowered fertility, skin problems Living gluten-free - practicalities Children and teenagers Further help and resources, including gluten-free food sources.



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