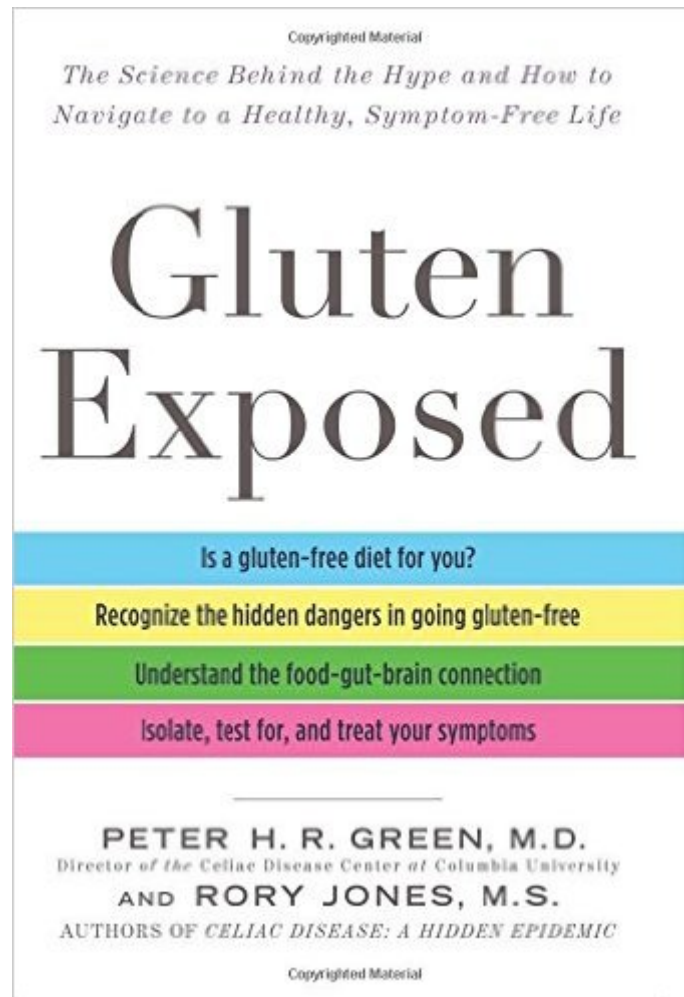


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Gluten Exposed: The Science Behind The Hype And How To Navigate To A Healthy, Symptom-Free Life



Synopsis

There's a lot of confusion surrounding gluten—whether eliminating it can help you lose weight, clear brain fog, cure stomach issues and more. The brilliant and renowned Dr. Peter Green, and science writer Rory Jones, have cut through the confusion to provide evidence-based answers and advice you can trust. In *Gluten Exposed*, they sort through all the science to create a comprehensive guide on the subject. If you are considering going gluten-free, you should definitely read this book first.

—Joy Bauer, MS, RDN, nutritionist for NBC's TODAY show, founder of Nourish Snacks and best-selling author of *From Junk Food to Joy Food*

In this essential book on gluten, Dr. Peter H. R. Green, internationally renowned expert on celiac disease and director of the Celiac Disease Center at Columbia University, and acclaimed medical writer Rory Jones reveal the real scientific story behind the current gluten-free craze, identifying what is true and what is just pseudoscience. In recent years, gluten has become a villain, getting blamed for anything and everything from heart disease and dementia to neuralgia and fatigue. Drove of people are adopting a gluten-free lifestyle, believing it's healthier or that it will help them lose weight and increase their energy. The diet, a regimen once followed only by those diagnosed with celiac disease (a serious autoimmune disorder caused by gluten), has become a cure-all, prescribed not only by gastroenterologists but also by dietitians, nutritionists, naturopaths, trainers, psychiatrists, and neurologists, as well as by celebrities and media personalities. Yet as *Gluten Exposed* reveals, there is little scientific evidence to justify this trend. The latest medical findings have shown that the majority of the information available about the effects of gluten on the body is only partly correct, or almost wholly incorrect. Green and Jones, authors of *Celiac Disease: A Hidden Epidemic*, cut through the misinformation, false claims, and widespread confusion over gluten. They examine the connections between the gut, brain, and what you ingest (not just gluten, but other food and drugs) to reveal what's really going on in your body and your brain. They also bring to light the potential dangers of going gluten-free. While the diet is a lifesaver for those with celiac disease, for others it may injure health, rob the body of essential nutrients, and mask real problems. In fact, one of the biggest risks of going on a gluten-free diet without properly testing for what is causing your symptoms is postponing or missing a potentially serious diagnosis. *Gluten Exposed* provides an in-depth examination of every symptom and condition associated with gluten, how gluten works in the body, what a gluten-free diet cures—and what it doesn't—and which drugs, supplements, and foods can cause problems often blamed on gluten alone. It offers clear, welcome guidance and a practical road map that can help anyone achieve a healthier, symptom-free life.

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Customer Reviews

Written in clear, concise prose, you can learn what's known, and what still is out there to be learned, about a continuum of digestive disorders ranging from celiac disease to wheat allergies and IBS. If you have gluten sensitivity, a wheat allergy or celiac disease you will learn something incredibly useful on every page to guide you through a healthier and less daunting life. For those who have a choice about whether to eat gluten, the facts are presented compellingly. You make your own decision, but are now aware of the issues and concerns of a special, restricted diet on an otherwise healthy person. The book is science, not preachiness. Facts are presented with all sides of what's known and they are carefully laid out. This book is a wonderful resource, and I recommend it wholeheartedly.

This book is really informative and explains some ideas I did not know. However, from all of the research I have done (i.e. looking at studies that prove gluten can cause digestion disorders in non celiac subjects), I don't agree with the parts of the book that downplay gluten's effects on the body. Even the Medical Medium says gluten is one of the worst foods we can eat. And yes, I believe him. Still, there is other valuable information in the book, so I do recommend it.

A superb book- extremely well-written and informative. The authors do an excellent job of incorporating the medical facts in a way they can be understood by all and of dispelling the myths in a way that won't offend. I learned a lot by reading it!

Gluten Exposed is more than a book on what gluten is and isn't. It is also a primer on the G.I. system and various auto immune conditions that are involved in the gut. The book explains in clear language what gluten is and who a gluten free diet helps the most. I was pleased to also learn about the G.I. system and various drugs including opiates. There are several chapters on these topics. The explanations in all the chapters makes reading this book very interesting and informative. I definitely recommend this book for those who want a clearer understanding of what gluten is and the food, gut, brain connection.

A gluten free diet may be right for you, but you won't know it from social media or the fad-of-the-moment. I would strongly urge the reading of this book before embarking on this life altering path. I found so many of my questions answered, including some that I didn't know I had. Here's the thing: the comments are from real people experiencing problems. It's easy to find someone who is going through something similar to you. If you want to go to a doctor (and you may need to) that's fine. It's usually inconvenient and never inexpensive! If you want to know what's going on in your body, and if it's likely caused by gluten, then read the book. Green and Jones know what they're writing about.

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