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What Nurses Know...Gluten-Free Lifestyle

Sylvia A. Llewelyn Bower RN

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Celiac disease and gluten intolerance are sensitivities to the gluten in wheat. People with celiac disease have a genetic predisposition, causing the proteins in wheat, barley and rye to create an inflammatory process in the small intestine. For a person with celiac disease, it is absolutely mandatory to maintain a strict diet for life. Currently there is no other treatment. The gluten-free lifestyle may also reduces the risk of many other diseases, including cancer, caused by the inflammatory process. *What Nurses Know . . . Gluten-Free Living* provides medical-based advice with a common sense leaning that people expect from nurses. The book explains the differences between celiac disease, gluten intolerance, and gluten allergy. Tips and suggestions are provided for setting up a gluten-free kitchen, what to watch for in medications, how to safely dine out and travel. The book includes a One Week Simple Healing Meal Plan to introduce how to eat gluten free and be healthy. Written in a user-friendly style, it will be easy for people to access the information they want and need without dealing with complex data or details.

What Nurses Know Series:

Nurses hold a critical role in modern health care that goes beyond their day-to-day duties. They share more information with patients than any other provider group, and are alongside patients twenty-four hours a day, seven days a week offering understanding of complex health issues, holistic approaches to ailments, and advice for the patient that extends to the family. Nurses themselves are a powerful tool in the healing process. The *What Nurses Know* series will give down-to-earth information, address consumers as equal partners in their care and explain clearly what a reader needs to know and wants to know to understand their condition and move forward with their lives.

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Bertha Davis:

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Diana Johnson:

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