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Second Edition Now Available!

LIVING WITH CELIAC DISEASE: ABUNDANCE BEYOND WHEAT AND GLUTEN

By Claudine Crangle, ISBN 1-55369-404-X

Celiac disease is on the rise. It is now known to affect one in 133 Americans, with many yet to be diagnosed. For those affected, eating presents quite a challenge.

As author Claudine Crangle explains in her book, *Living Well with Celiac Disease: Abundance Beyond Wheat and Gluten*, Second Edition, avoiding gluten (the protein in wheat) is like walking in a minefield because it lurks in the most unsuspected foods, from soy sauce and bouillon cubes to salami and instant coffee.

Now completely revised to include the latest news on medical research, new original recipes, a meal planning section, updated gluten-free resource and a user-friendly index. *Living Well with Celiac Disease* opens up a whole new world of culinary delights and will change old notions of what it means to be on a "restricted" diet. The book also includes a Foreword by Cynthia Rudert, M.D., Medical Advisor for the Celiac Disease Foundation and the Gluten Intolerance Group of America. Dr. Rudert has one of the largest practices in North America dedicated to celiac disease and treats patients from all over the world.

Living Well with Celiac Disease provides essential strategies for anyone who cannot tolerate wheat or gluten due to celiac disease. This book is also for those looking for relief from symptoms of numerous other conditions such as Crohn's disease, rheumatoid arthritis, MS, ulcerative colitis, irritable bowel syndrome, ADD, autism, schizophrenia, eczema and psoriasis, candida, diverticulitis, migraines, and chronic sinusitis.

Crangle covers practical issues, such as how to organize your kitchen cupboards, ordering in restaurants, grocery shopping and traveling, as well as the personal territory of explaining diet guidelines to party hosts and first dates. She guides you through the host of multi-ethnic cuisine readily available in urban centers, and suggests many new and delicious foods and recipes from countries where wheat is not a diet staple. The book also includes a chapter on where to find support groups, other books and magazines devoted to gluten-free living, and a comprehensive listing of Internet sites for celiacs worldwide.

Praise for *Living Well with Celiac Disease*

“Great healthy lifestyle advice for those with celiac disease.” — Shelley Case, B.Sc., RD and author of *Gluten-Free Diet: A Comprehensive Resource Guide*

“A no-nonsense, practical book filled with empathy, and more importantly, get-up-and-go which is a must for any newly diagnosed celiac patient or parent. Crangle advocates a healthy lifestyle

with lots of variations, but no gluten. By the end of the book she feels like the celiac best friend you never had...definitely a book for the Christmas stocking.” — *Coeliac News*, Coeliac Society of Ireland

“A refreshingly positive approach to life without wheat.” — *Living Without Magazine*

“*Living Well with Celiac Disease* will both inform and inspire readers. Crangle’s positive focus on the many food alternatives, combined with her friendly and informative style and excellent advice, makes this a wonderful and necessary book for all who need to find optimum health on a wheat- and gluten-free diet.” — R.E. Warren, M.D., F.R.C.P.C., D.T.M. & H., Associate Professor of Medicine, University of Toronto, Division of Gastro-enterology, St. Michael’s Hospital

“A delightful, accessible and indispensable set of tools for managing life without wheat or gluten. This book is an invitation to happy and healthy gluten-free living and should find a home on the bookshelves of everyone with celiac disease.” — Bev Ruffo, Past President, Canadian Celiac Association

“Crangle’s approach to ‘free living’ is beautifully empowering. I look forward to using this book as a reference for my own life as well as a tool for my patients.” — Sarah Baillie, B.Sc., N.D., Doctor of Naturopathic Medicine

About the Author

Claudine Crangle has lived with celiac disease for more than 30 years, but she wasn’t always a gluten-free poster child. It was on her extensive travels abroad that she developed her survival skills and a passionate new approach to healthier eating. A couple of years in Italy taught her how to manage her way around bread and pasta in a foreign language, and was the beginning of a new relationship with food. Claudine calls Toronto home, where she can often be found roaming its many multicultural quarters for gluten-free goodies to share with friends, and encouraging the newly diagnosed.

Living Well with Celiac Disease: Abundance Beyond Wheat and Gluten is published by Your Health Press. Your Health Press is dedicated to rare, stigmatizing or controversial health topics. For more information visit www.yourhealthpress.com.

Living Well with Celiac Disease: Abundance Beyond Wheat and Gluten by Claudine Crangle, 199 pages; paperback; \$24.95 US/\$28.95 CDN; Published by Your Health Press, Printed by Trafford Publishing; ISBN 1-55369-404-X

Order (toll free) via 1-888-232-4444 or purchase online at Trafford.com, Amazon.com, Barnes and Noble and Chapters.ca.