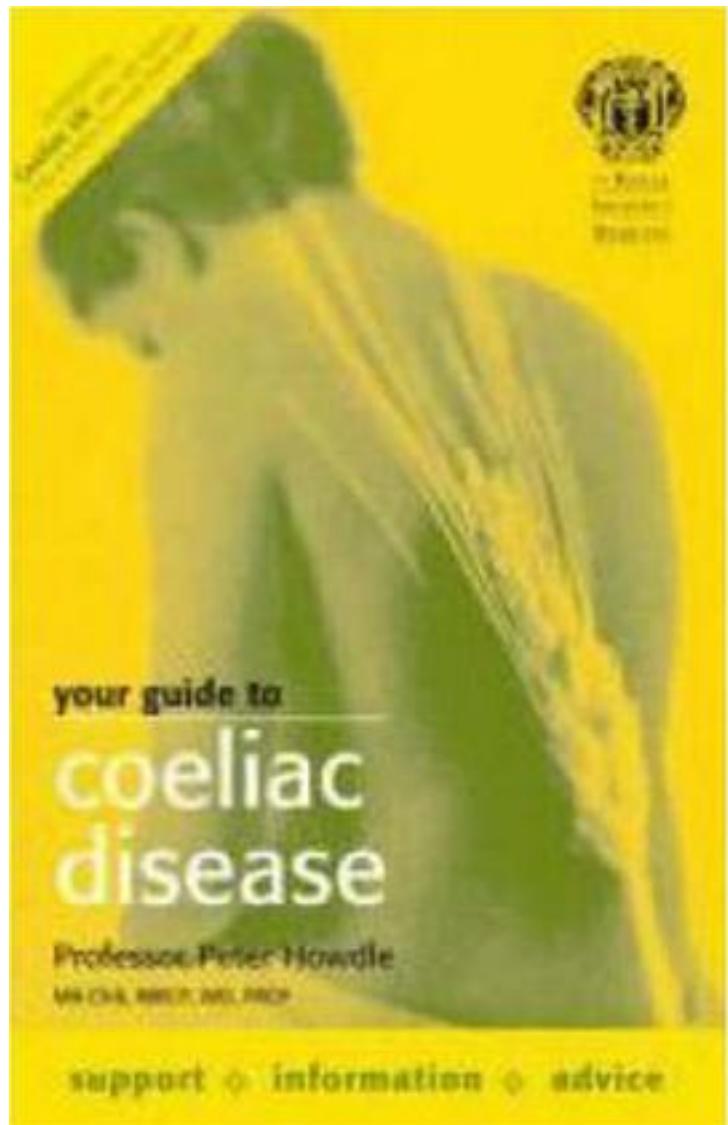


Your Guide to Coeliac Disease



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The Royal Society of Medicine Your Guide to Coeliac Disease is the patient's ultimate tool to understanding their illness, discovering invaluable advice, and empowering them to make informed choices and to regain control of their life. Written by the top UK expert in this field, in conjunction with an expert dietitian, this is an easy-to-read guide to coeliac disease, the symptoms, the treatment available, and ultimately how to overcome this misunderstood yet common illness. The book opens by explaining how to recognise the disease, where it comes from, and who else in your family might get it. It then goes on to detail diagnosis, management and most importantly taking control. A section on who you might meet in the NHS and their role in the treatment of your illness gives you a greater understanding of what you might expect and who might be involved. A friendly and straightforward guide, this book gives you an essential understanding of coeliac disease and its dietary requirements and will inform, reassure and support you, when you need it the most.

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