

Coping with Coeliac Disease

Coping with COELIAC DISEASE

Strategies to change your diet and life



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Coeliac Disease is a digestive problem caused by gluten intolerance, which makes the body unable to digest every day foods, such as anything containing wheat. More and more people are affected, suffering from symptoms including weight loss, pain, fatigue, and depression. This book brings good news--it sets out a gluten free diet, which can help you avoid the triggers and ease symptoms.

作者介绍:

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