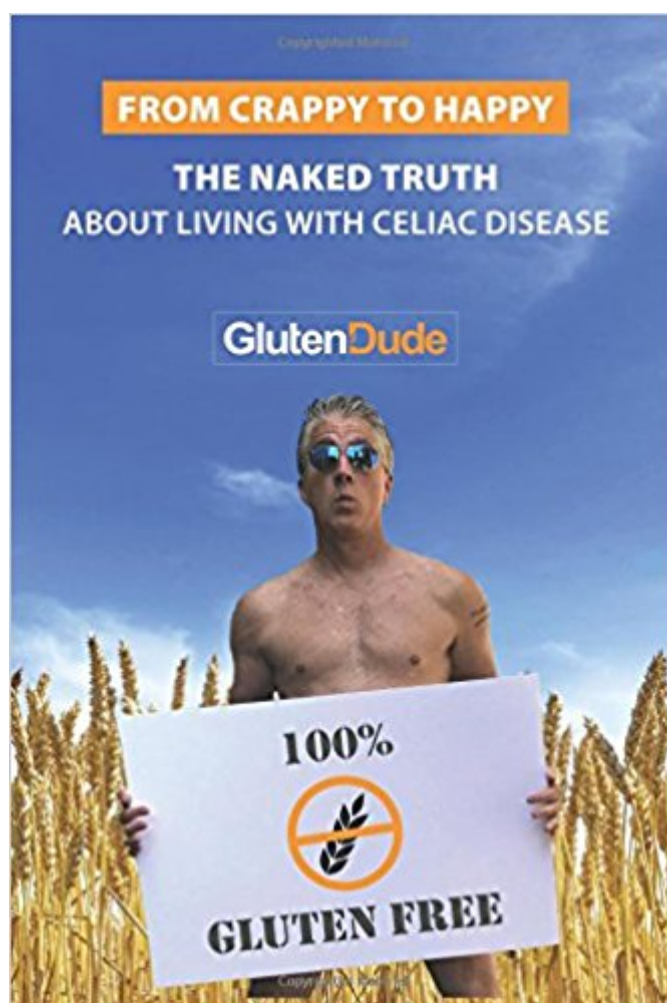


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# From Crappy To Happy: The Naked Truth About Living With Celiac Disease



## Synopsis

Learn to live (and strive) with celiac disease. Are you frustrated that your body has not completely healed yet? You WILL heal. Are you struggling with the fact that you can never eat gluten again? You WILL come to terms with it. Do you dread going out to eat because of fear? You WILL enjoy meals out again. Do you feel like your life is consumed by this disease? You WILL learn to live with it. They say that life is not about what happens to you, but how you react to what happens to you. That, to me, is the key to adjusting to this insidious disease. You can let it beat you or you can fight it back. This book is all about taking the fight to celiac disease. And winning the battle. So many in the celiac community continue to struggle (unnecessarily) after their diagnosis. They get their celiac diagnosis and the only instructions they receive from their doctor is "Don't eat gluten" (thanks Doc). So they walk out of the doctor's office a bit terrified of the new life in front of them, but feeling a bit relieved that "Hey...all I need to do is give up gluten and I'll be fine." But dang...here I am, 8 years after my diagnosis, and all I can say is that's just not the way it is. There is SO MUCH more to celiac disease than simply eating gluten-free. There is so much more we need to do to make sure we heal our body, our mind and our soul. This book explains it all. In this book, I provide specific guidance for those newly diagnosed and who are pretty much scared s\*\*\*less...cause we've all been there. I explain how eating "gluten-free" is not enough for our bodies to heal. I talk about the pitfalls and how-to's of eating outside the comfort of your own home...and which spots to avoid even though they claim to be "gluten-free". I talk about how having the right attitude is an absolute necessity when dealing with celiac. I delve into how celiac disease can affect your relationships and how to navigate the sticky situations. And yeah...I even throw some celebrity juice in there, the good and bad (and boy has there been bad.) Now just sit back, get cozy, grab a gluten-free drink and we'll take this crazy ride together. Trust me...you don't want to go it alone.

## Book Information

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## Customer Reviews

I'm somebody who's been gluten-free since 2007 due to a diagnosis of celiac disease, where the doc said my numbers were "off the charts". Someone who can steer you in the right direction when it comes to going gluten-free. And someone who will always give you the naked truth about going gluten free. I didn't find freedom, a better life or any of that other crap when I got diagnosed. With all due respect to Hunter S. Thompson, I found fear and loathing of an unknown world. But if I can share my wisdom, tell my stories and make the transition easier on you, I've done my job.

I wish some things weren't repeated. Overall gave me a good perspective on supporting the celiac that I love. Kudos.

Gluten free Dude provides the best information.

Anything written by the Gluten Dude is a MUST read for those faced with Celiac, food intolerances, allergies, etc. I have never found another advocate who is more straight forward and honest, while still inserting a healthy dose of humor in his writing. Read it and enjoy. You will be glad you did.

I recommend this book SO highly. As the mother of two kids with celiac, and having lived with celiac myself for the past few years, I have found Gluten Dude's advice invaluable. Having it in book form is even better. He tells the truth about living with celiac (it's harder than everyone says), doctors (lots of misleading information about celiac from far too many doctors), food (just because it's gluten free doesn't mean it's good for you). He calls out food manufacturers who put celiacs at risk by marketing food as gluten free when it really isn't, TV personalities trying to make a buck by mocking people forced to eat gluten free, celiac "advocacy" groups in thrall to said food manufacturers. This book is a distillation not just of his advice, but of the collective wisdom of his faithful readers over the years. It's beautifully written, and funny to boot.

When it comes to celiac disease or gluten intolerance, Gluten Dude gets it. I have celiac myself, and

(although I have already adopted a strict real food diet as suggested) I'm still healing and it's a long road to feeling yourself again for many of us. Gluten Dude understands this, and I also like how he reminds us Celiacs to be cautious but not scared of gluten. This book also discusses a lot of myths regarding gluten and points out where the media has gone wrong. Any Celiac or gluten intolerant person could benefit from this book. I only took off one star because a lot of the material is taken from his blog, and I could access it online. Also, there are some typos that are more of just a minor annoyance. Overall, though, it's SO nice to have all this great info in one place, and it was worth the buy.

I have not yet read the book (I just bought it!), but I read Gluten Dude's blog. He has celiac disease, as do I, and he is open and honest about every aspect of the disease. He is so correct when he says that when a doctor finally diagnoses you, he/she sends you to a dietitian who hands you a list of 'safe' food, that really isn't safe and mostly junk food. I actually called every food manufacturer on the list and made notes saying why the item was NOT gluten free and gave it back to the dietitian and told her not to give it to anyone diagnosed with celiac disease! This is a disease, and Gluten Dude has been through almost every aspect of it. Listen to him!

I was lost and didn't even know where to start, googled Celiac books and poof! A buoy to grab on to as I drift from my old life into this not-yet-familiar celiac one. Thank you for compiling this. It made the difference after walking out of the Doctor office three months ago with the apparently well-trodden "don't eat gluten and you'll be fine" tag line from the nutritionist. Partway through, I emailed my doctor the title of this book and told her to share it with all her new celiac patients so they don't feel so lost. I wish I'd found this sooner, it hits home and provides answers to questions and problems I didn't even know I had or might be facing. Thank you thank you thank you Gluten Dude, and all the community members who shared their stories.

Love love love Gluten Dude. A true warrior on the celiac front. This book gets the info out that you need in a clear and fun way. A must read for celiacs

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