

The book was found

Jennifer's Way: My Journey With Celiac Disease--What Doctors Don't Tell You And How You Can Learn To Live Again



Synopsis

The National Foundation for Celiac Awareness estimates that as many as one in 133 Americans has celiac disease. Unfortunately, 83 percent of people who have this terrible disease are undiagnosed or misdiagnosed; suffering through years of pain and misunderstanding. Award-winning actress Jennifer Esposito was one of those 83 percent, receiving an accurate diagnosis only after decades of mysterious illnesses and myriad misdiagnoses. Now Jennifer shares her riveting personal journey; from her earliest memories of her childhood in Brooklyn to her years as a young actress, all the while suffering from unexplained, devastating ailments. Jennifer's struggle to finally receive an accurate diagnosis is one that anyone who has a chronic disease will share. But this is more than a story of suffering. It is the story of one woman's valiant journey to take charge of her health and rebuild her life.Â Not only will you learn from Jennifer's personal story, the book also guides you through early diagnosis, sharing the steps that helped Jennifer heal. Plus, you'll find recipes she uses at home, along with recipes for some of the delicious treats she offers at her own gluten-free bakery, Jennifer's Way, in New York. For anyone struggling with a chronic illness, Jennifer's Way is proof that you can find an answer to what is wrong with you, that you shouldn't stop until you find it, and that you can learn how to truly live again.

Book Information

Hardcover: 288 pages

Publisher: Da Capo Lifelong Books; First Edition first Printing edition (April 22, 2014)

Language: English

ISBN-10: 0738217107

ISBN-13: 978-0738217109

Product Dimensions: 1 x 6.5 x 9.5 inches

Shipping Weight: 15.2 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 starsÂ Â See all reviewsÂ (238 customer reviews)

Best Sellers Rank: #265,592 in Books (See Top 100 in Books) #144 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Gluten Free #2794 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets #8621 inÂ Books > Biographies & Memoirs > Memoirs

Customer Reviews

This book has been crucial to my understanding of Celiac Disease and Wheat Allergy. I know, I know, don't start yelling yet! Celiac Disease is not an allergy. You are preaching to the choir. I love this book because of the clarity of thought and the well presented information in it. Anyone who has

a life threatening disease or allergy can learn from Jennifer's horrendous journey through our medical system. A system that is all too eager to dismiss symptoms and problems that doctors can't immediately or easily resolve. If it can't be diagnosed in a 15 minute visit, it must be all in your head. I've been there and so have some of my friends. I was told after 59 years of symptoms that doctor's said were contradictory or unrelated (I must be imagining it or lying!), that I have a wheat allergy, verified by testing. I've had many allergy tests and other tests over the decades, but it's the first time anyone told me I was allergic to wheat. The doctor was dismissive to my questions of why is it only showing up now, what do I need to do, etc. You can imagine the rest of my questions. His only advice was "avoid wheat" and he left the room. As far as he was concerned his job was done. I no longer see him. After removing wheat from my life, no easy task as you already know, my health improved exponentially. I wondered why I still became so ill with nausea, vomiting, joint pain (the list of complaints goes on) for days or weeks and then feel healthy only to start the cycle over again. This book gave me the answer, along with so many other answers. Those Gluten Free isles at the grocery store are not necessarily Gluten Free! I don't know why I was shocked to learn this.

[Download to continue reading...](#)

Jennifer's Way: My Journey with Celiac Disease--What Doctors Don't Tell You and How You Can Learn to Live Again Jennifer's Way: My Journey with Celiac Disease--What Doctors Don't Tell You and How You Can Learn to Live Again Heart Disease: Heart Disease Prevention And Reversal Guide To Prevent Heart Disease And Reverse Heart Disease With Heart Disease Prevention Strategies And Heart Disease Diet Advice Healthier Without Wheat: A New Understanding of Wheat Allergies, Celiac Disease, and Non-Celiac Gluten Intolerance. Can I tell you about Epilepsy?: A guide for friends, family and professionals (Can I tell you about...?) What Your Doctor May Not Tell You About(TM) IBS: Eliminate Your Symptoms and Live a Pain-free, Drug-free Life (What Your Doctor May Not Tell You About...(Paperback)) Drop 14 Pounds in 3 Weeks (2nd Edition): Lose Weight, Feel Great, and Live Healthy: Effective Tips to Burn Fat, Get Stronger, and Boost Energy (Live Lean, Live Healthy, Live Happy) What Your Doctor May Not Tell You About(TM): Parkinson's Disease: A Holistic Program for Optimal Wellness (What Your Doctor May Not Tell You About...(Paperback)) Reverse Gut Diseases Naturally: Cures for Crohn's Disease, Ulcerative Colitis, Celiac Disease, IBS, and More Autoimmune Disease: Discover The Symptoms & Treatment of Chronic Pain & Genetic Disease (Musculoskeletal, Anti Inflammatory, Arthritis, Fibromyalgia, Multiple Sclerosis, Symptoms, Celiac Book 1) Learn German Step by Step: German Language Practical Guide for Beginners (Learn German, Learn Spanish, Learn French, Learn Italian) Gum Disease Cure (Gum Disease Cure, Periodontal Disease, Gum Disease, Gum Infection, Gingivitis

treatment, Tooth Decay) What Doctors Fail to Tell You About Iodine and Your Thyroid What Your Doctor May Not Tell You About(TM) Hip and Knee Replacement Surgery: Everything You Need to Know to Make the Right Decisions (What Your Doctor May Not Tell You About...(Paperback)) Ten Things Doctors Won't Tell You About Your CPAP Machine Don't Turn Around: A dark, thrilling, page-turner of a crime novel (Detective Jennifer Knight Crime Thriller Series Book 1) The Black Doctors of Colonial Lima: Science, Race, and Writing in Colonial and Early Republican Peru (McGill-Queen's/Associated Medical Services Studies in the History of Medicine, H) The Doctors Book of Home Remedies: Simple Doctor-Approved Self-Care Solutions for 146 of the Most Common Health Conditions, Revised and Expanded (The ... Library of Prevention Magazine Health Books) The Global Achievement Gap: Why Even Our Best Schools Don't Teach the New Survival Skills Our Children Need;and What We Can Do About It What Your Doctor May Not Tell You About(TM): Hypertension: The Revolutionary Nutrition and Lifestyle Program to Help Fight High Blood Pressure (What Your Doctor May Not Tell You About...(Paperback))

[Dmca](#)