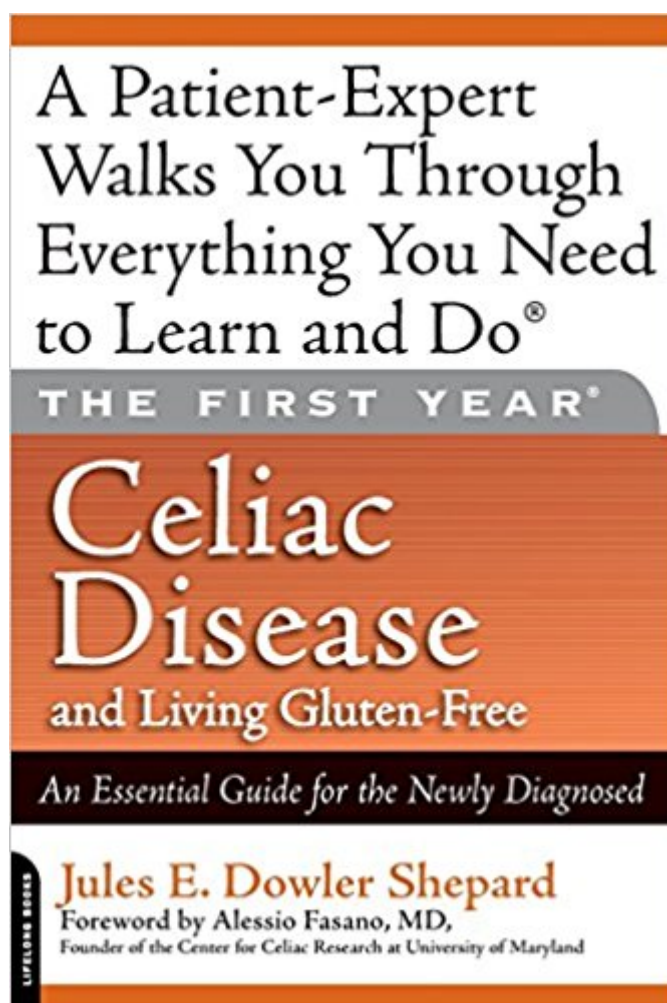


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# The First Year: Celiac Disease And Living Gluten-Free: An Essential Guide For The Newly Diagnosed



## Synopsis

If you've just been diagnosed with celiac disease, you're not alone: as many as 1 in 133 Americans have this autoimmune disorder characterized by an inability to digest gluten, a protein found in wheat and other grains. For ten years, Jules Shepard's gastrointestinal symptoms went misdiagnosed. Finally diagnosed, she experienced a rollercoaster of emotions and illness the year following, as she discovered what she could and could not eat through trial and error. Now, in *The First Year: Celiac Disease and Living Gluten-Free*, Shepard explains everything you need to learn and do upon your or a family member's diagnosis. - How celiac disease affects your entire body - Eating gluten-free (and avoiding hidden glutes) - Keeping your kitchen safe from cross-contamination - Can I drink alcohol? - Celiac and fertility - Finding support groups - Parenting a child with celiac disease - Dining out, traveling, and entertaining This unique guide prioritizes all the most important information on diet and lifestyle changes for you. Day-by-day, week-by-week, month-by-month, learn how to safely alter your diet, manage your symptoms, and adjust to living gluten-free. Complete with easy and delicious recipes for gluten-free baking, *The First Year: Celiac Disease and Living Gluten-Free* is your essential guide to a healthy life.

## Book Information

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## Customer Reviews

Living Without, April/May 2009 "This easy read is an inspiration not just for celiacs but for

anyone with food sensitivity. [Gluten Intolerance Quarterly, Spring 2009](#)

"The First Year" is such a practical, well-written guide to the disease and the gluten-free lifestyle that it should be a part of a starter kit that doctors give newly diagnosed patients. [About.com, 7/15/09](#) "A glossary, FAQ, gluten-free baking Q and A and an extensive list of Celiac support groups in the U.S. give readers the tools they need adapt to life without gluten. I highly recommend this book, not only for those newly diagnosed with Celiac disease but for anyone curious about this not so rare autoimmune, genetic disease."

Jules E. D. Shepard is the author of a cookbook and a spokesperson for the University of Maryland's Center for Celiac Research. She lives in Catonsville, Maryland.

Recently diagnosed with Celiac Disease, I knew I had a very steep learning curve. And, though I knew Celiac Disease was not the end of the world, I still had a lot of grief about all the changes it was bringing to my lifestyle. This book taught me my important first lessons and provided me with additional resources for helping me cope with Celiac in a wheat-filled world. While the author acknowledges the challenges and the social issues, she also provides practical approaches in an orderly and accessible manner. She answered questions my doctor brushed past by handing me a poor copy of good and bad food lists. Not every chapter was relevant to my needs (e.g. pediatric Celiac, dealing with fertility and pregnancy), but I am glad they are there for folks who need them. I highly recommend this book for anyone who needs a crash course in understanding what Celiac Sprue does and how to live gluten-free.

I found this book almost ten months after starting my gluten-free journey. I wish I'd found it sooner. This is written very much in plain language -- highly structured, well organized, easy to understand. It embroiders the core concepts with relevant personal stories, and when possible stories that illustrate opposing views about that particular concept. It includes SIMPLE recipes, strategies for eating out safely both in restaurants and in other people's homes. The focus is not on being comprehensive but on building a core set of skills to empower you to preserve your pre-diagnosis lifestyle as much as possible. As I've been stumbling through the process on my own, trial and error has EVENTUALLY taught me many of the lessons in this book. Oh, I really really wish I'd found it sooner! The strengths of the book are also its weaknesses. In choosing to make the book accessible, some aspects of gluten-free life may be over-simplified. For example, at one point in the book, she recommends exploring the less expensive flours at ethnic food stores which are not

labelled gluten free but are made from grains which are supposed to be gluten free. More recent research suggests that contamination is a significant issue with those, so that recommendation cost me a few months more of troubleshooting, trying to figure out where the gluten was hiding in my diet. Likewise, as this is an overview book, it simply can't go into depth about many of the specific issues included in the book. The book is a bit dated now, and I am hoping there will be a second edition before much longer. The basic take-home message? This won't be the only book you should read about going gluten-free, but you should definitely read this one, and as soon as possible.

Newly diagnosed Celiac patients know that there is a lot of information to learn when starting out. I am still learning months later and this book was helpful to me in the "you are not alone" and "you will survive" aspects of coping. There is a lot of misinformation out there and for the most part this book is solid. If you have Celiac Disease or someone you know does, I would recommend this book, but not only this book. It is a great book for some things, but not for others. Explore the different books, blogs, and websites out there. It is a lot of material to wade through, but in the end it is worth it. Also, just because this book tells you something is gluten-free doesn't mean that it actually is or still is! Please check and double check ingredients and contact manufacturers before you consume or you might get glutened.

Wow! I can't say enough good things about this book! This is THE book to read if you're a newly diagnosed celiac or even just gluten intolerant. It's factual and upbeat and contains lots of examples and solutions that you can use right away. I've read a few other books about the gluten free diet and/or celiac and many are harsh, see things only as black and white, or are very outdated in their information and therefore perpetuate old stereotypes and rumors. It's only been since the early 2000s that so much about Celiac Disease and the gluten-free diet has been learned, and the research pace is only getting faster. Stick to the more recent publications for your first Celiac Disease books. When you do decide to read some of the other (older) books, you'll be able to see just how much has changed in a short time and won't be thrown by their "warnings." I've even given this book title to my Primary Care Physician and dietitian - nothing is black and white, there are many shades of grey that are acknowledged in this book. I'm so glad that this is the first book I read on Celiac Disease - it gave me a more positive attitude for dealing with this disease! P.S. The all-purpose flour recipe provided in this book is the only one I'll use. Substitute it one-for-one in your gluten recipes to turn them into gluten-free foods!

Great book! Easy read. Educational. Informative. Author is helpful on so many levels. Pinterest, Facebook, Website, etc.

Well written, easy to read and very informative for this newly diagnosed Celiac. Thank you, Jules!!

I have read half of this book already. I have been suffering from ill health lately and suspect it could be that I am allergic to wheat or may all gluten products. This book explains the difference and the consequences of being Celiac if you are allergic to all gluten products in relationship from the changes needed to be made in you kitchen; to selecting the proper new diet and how to read labels; to the changes that could occur to your insurance plan. (although, this book was written prior to the pre-existing condition approval made thru Obamacare ) It has some recipes in it on how to get started.

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