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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.

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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.

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