



The First Year: Celiac Disease and Living Gluten-Free: An Essential Guide for the Newly Diagnosed

Jules E. Dowler Shepard

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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.

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Dean Green:

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Robert Younger:

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