



Gluten Exposed: The Science Behind the Hype and How to Navigate to a Healthy, Symptom-Free Life

Peter H.R. Green M.D., Rory Jones

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In this essential book on gluten, Dr. Peter H. R. Green, internationally renowned expert on celiac disease and director of the Celiac Disease Center at Columbia University, and acclaimed medical writer Rory Jones reveal the real scientific story behind the current gluten-free craze, identifying what is true and what is just pseudoscience.

In recent years, gluten has become a villain, getting blamed for anything and everything from heart disease and dementia to neuralgia and fatigue. Drove of people are adopting a gluten-free lifestyle, believing it's healthier or that it will help them lose weight and increase their energy. The diet, a regimen once followed only by those diagnosed with celiac disease (a serious autoimmune disorder caused by gluten), has become a cure-all, "prescribed" not only by gastroenterologists but also by dietitians, nutritionists, naturopaths, trainers, psychiatrists, and neurologists, as well as by celebrities and media personalities. Yet as *Gluten Exposed* reveals, there is little scientific evidence to justify this trend. The latest medical findings have shown that the majority of the information available about the effects of gluten on the body is only partly correct, or almost wholly incorrect.

Green and Jones, authors of *Celiac Disease: A Hidden Epidemic*, cut through the misinformation, false claims, and widespread confusion over gluten. They examine the connections between the gut, brain, and what you ingest (not just gluten, but other food and drugs) to reveal what's really going on in your body and your brain. They also bring to light the potential dangers of going gluten-free. While the diet is a lifesaver for those with celiac disease, for others it may injure health, rob the body of essential nutrients, and mask real problems. In fact, one of the biggest risks of going on a gluten-free diet without properly testing for what is causing your symptoms is postponing or missing a potentially serious diagnosis.

Gluten Exposed provides an in-depth examination of every symptom and condition associated with gluten, how gluten works in the body, what a gluten-free diet cures—and what it doesn't—and which drugs, supplements, and foods can cause problems often blamed on gluten alone. It offers clear, welcome guidance and a practical road map that can help anyone achieve a healthier, symptom-free life.

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