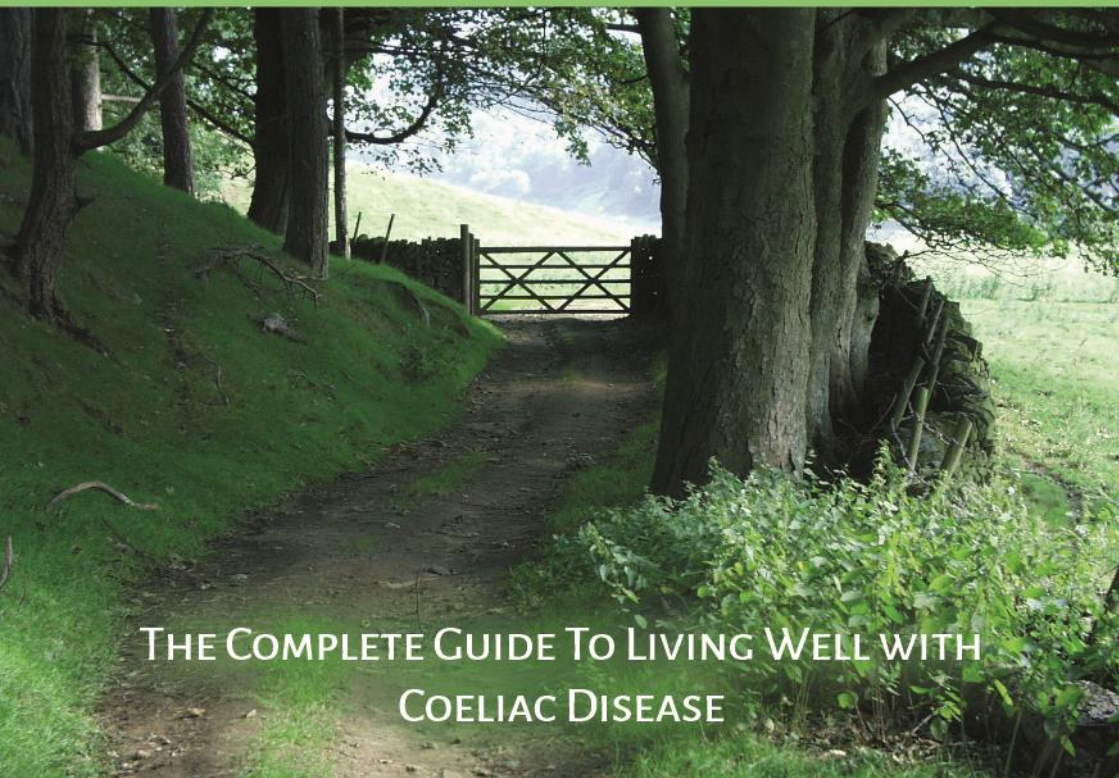


LIVE WELL EAT WELL

WITH COELIAC (CELIAC) DISEASE



THE COMPLETE GUIDE TO LIVING WELL WITH
COELIAC DISEASE

GINA GARDINER

Live Well Eat Well With Coeliac (Celiac) Disease

**A complete guide along the path to all you
need to know to take charge of your condition
and live life to the full rather than let your
condition control you.**

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About the author



At the heart of all Gina Gardiner's work is empowerment. She is a highly experienced business and leadership speaker, coach, mentor and trainer who supports individuals, business and organisations to be more successful. She is a regular lecturer at Essex University Business School and works with a variety of organisations on a regular basis. Their on-going success is underpinned by developing positive beliefs, being "mindful" and planning strategically. Gina works to develop individuals confidence and leadership skills, to help them manage time, and resources more effectively and to develop their own potential and that of others. Taking responsibility for one's own performance seeing yourself as part of the solution is a critical component of developing leadership and a key component of the work Gina does with others.

Gina is also the author of "kick Start Your Career", "How You Can Manage Your Staff More Effectively" and "Chariots On Fire". There is a brief synopsis of these at the back of the book.

If you would like to know more
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Always keen on cooking and eating, she taught cookery to adults in the evening for a number of years. Food has always been an important element in her life. It is what brought Gina and Ann together over 12 years ago. (Since then she has sampled many of Annie's delicacies)

Diagnosed as having coeliac disease on 1987, she was determined not to let the disease get in the way of living life to the full. She set about becoming as well informed as possible about her condition and how to deal with it effectively. Not an easy task as information was so fragmented and support from the medics somewhat limited.

She deals with a number of other health problems and has used a wheelchair for many years so is well used to problem solving!

Finding new foods to eat has been an adventure, Gina has a sweet tooth and is determined that restaurants will take special diets seriously and not settle for boring bland food.

Following one of "those" chance conversations with Annie she decided to create a comprehensive directory of information to support newly diagnosed coeliacs and their families, offering clear information with easy access. The ebook "How to Live Well Eat Well With Coeliac Disease" is also designed to provide a handy source of information for experienced coeliacs, restaurants and caterers to dip into as needed for reference.

When not busy working Gina loves to garden, travel, to read and to constantly test the boundaries of what is possible with the right information and frame of mind.

Companion book of recipes: *Gloriously Gluten Free* by Annie Kaszina



Teacher, writer and coach Annie Kaszina is passionate about creating food that coaxes maximum flavour out of every ingredient.

Food preparation has been a constant interest for Annie, through the years and the different career directions.

It all started when her formidable Auntie Bessie caught the 9 year old Annie playing in the garden one balmy summer morning and told her mother that ‘the child should be set to work’. ‘The child’ duly was, and despite frequent early mishaps, Annie discovered a lifelong love of baking.

Later, other branches of cooking provided intellectual stimulation and an outlet for Annie’s creativity - as well as an endless supply of new and delicious experiences at the end of the day.

A Ph.D in Italian Literature coincided with research into bread making. During her daughter’s early years, Annie worked part-time as an outside caterer, with a particular interest in all things chocolate. So much so that she and her daughter became known for miles around as “Mrs -and Little Miss - Chocolate”.

When she moved from catering into the Alexander Technique, Annie publicly confessed that ‘chocolate was not her flavour’ and vowed to hang up her oven gloves. But she never quite managed to do either. Friends and family still clamoured for her chocolate cakes and desserts and she could never resist the lure of a new area of cooking for long. (Some women can’t resist the latest fashion “must have”. Annie can’t resist exploring the next culinary trend.)

“Gloriously Gluten Free” came about by chance as a result of a conversation with Gina. Annie, an omnivore, had expected gluten-free eating to be a hardship and was surprised to find how much better she felt. She now believes that cutting out the automatic reliance on wheat products, creates the opportunity to develop a healthier, more nutritionally balanced diet.

When not in the kitchen, Annie is a Women’s Empowerment Coach. She has written two ebooks specifically for women who are rebuilding their life in the aftermath of an abusive relationship; “The Woman You Want To Be”, and “Why Some Women Are Much, Much More Successful At Relationships Than Others”. More information is available on her website

www.joyfulcoaching.com.

Annie currently lives, just outside London, with her daughter and her Shih Tsu.

Introduction

Diagnosed with coeliac disease!

What does that mean for you and your family?

What is happening to your body?

Don't know what to eat?

How do you cope with your diet?

How can you feed the family without cooking separate meals?

What will you tell the family?

Don't have enough information?

Are you feeling depressed?

Will you ever be able to eat out at friends' or a restaurant again?

Getting Married? Birthday Parties?

DON'T PANIC!

In the following chapters I will share with you all you need to know to take charge of your condition and live life to the full rather than let your condition control you.

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Chapter 1 – What is coeliac disease?

Coeliac disease affects the gut or intestinal tract. (Small intestines)

(Spelt as celiac in the USA, also known as gluten-sensitive enteropathy or coeliac sprue)

What causes it?

Gluten causes damage to the lining of the small intestine. Or rather it is the body's immune response to gluten that damages the lining to the gut.

What is gluten?

Gluten is the protein found in wheat, rye, oats and barley. It is the part of the cereal, which goes stretchy when mixed with liquid; it is what gives normal bread its chewy texture.

What happens to the body in coeliac disease?

The intestine is where the body absorbs the goodness from the food you eat.

The lining of the gut has lots of tiny finger-like processes called villi. These increase the surface area of the gut allowing us to absorb vitamins, minerals and other nutrients efficiently.

The immune system attacks the gluten and in doing so damages the lining of the small intestine.

In untreated coeliac disease the body becomes unable to absorb nutrients into the body effectively. The lack of nutrients including vitamins and minerals causes a number of health problems. These health problems are potentially very serious if they are not treated.

In someone who has untreated coeliac disease the villi are flattened so the body fails to absorb nutrients properly and causes malnutrition.

Who gets coeliac disease?

It was thought to be a disease of children in the 1950s. It can affect you at any age; men and women are just as likely to be affected.

If one person in the family is diagnosed with coeliac disease, are other members of the family more likely to suffer coeliac disease too?

If you have a parent, brother, sister or child with coeliac disease, you have a 10% chance of having it, too. An identical twin of a coeliac sufferer has a 70% chance of developing it.

At one time it was thought that only 1 in every 1500 people had coeliac disease. Better diagnosis through a simple blood test has changed that view. It is thought that up to 1 in every 300 people in the UK, Europe and the USA may be affected. It is much more common in some parts of the world than in others.

Will you grow out of it?

No. It is a condition, which lasts for life.

Can it be treated?

Yes. Coeliac disease can be treated simply, by sticking rigidly to a gluten-free diet. There is no need for drugs or any other medical intervention.