

(Free read ebook) Can a Gluten-Free Diet Help? How? (A Keats healthbook)

Can a Gluten-Free Diet Help? How? (A Keats healthbook)

Lloyd Rosenvold

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Lloyd Rosenvold : Can a Gluten-Free Diet Help? How? (A Keats healthbook) before purchasing it in order to gage whether or not it would be worth my time, and all praised Can a Gluten-Free Diet Help? How? (A Keats healthbook):

0 of 0 people found the following review helpful. Four StarsBy Karen DueyLots of good information.16 of 16 people found the following review helpful. It points the way to solve many problemsBy dulceAlthough Dr. Rosenvold's book is written in a very practical and easy to understand way, it deals with problems that have not been taken seriously by many medical professionals. His ability to observe and come to meaningful practical conclusions is evident in what I relay below. It has indeed saved my life as well as my daughter's and grand daughter's.In my case, I had been feeling so week that I was contemplating asking my children to come get me and take care of me because I just had no energy to work any more. I had been waking up with an eletrical discharge from my brains every morning. It was terrifying. My muscles were weak and sore. One morning I knelt by my bed and asked God to please show me what was wrong with me if I still had a mission in this world. It was than that books like Dr. D'Adamo's and Dr. Rosenvold's fell in my hands. Dr. D'Adamo mentioned the problem with gluten and made me interested in knowing more about it. Then I was ready for Dr. Rosenvold's book. I could see my story and the story of some other members of my family in his accounts.I immediately cut gluten out of my diet and began fo feel more energetic and the short circuits disappeared. Now, two and a half year later I'm fifty three and work 50 hours a week as a teacher.My daughter lives in the USA and I in Brazil. Soon after I began to feel better she, pregnant of about 16 weeks, called, very up set because the doctor had said that she was going to lose the baby because her liver had stoped funtioning and the toxins were building up fast

and she may have eclampsia at any time. I mentioned to her what I had read and that to me had worked wonders, but she didn't see much sense in it. A week later she was desperate and upon my insistence she decided to try a gluten free diet. In only three days she eliminated four pounds of toxins and her liver began to function again. Although her doctor was very happy and told her to keep the diet, he never even asked her what kind of diet it was. When it was about time for her to have the baby and I was already there, I heard him say: "Young lady you are fine now but for a while there, I thought you wouldn't get here." It is thanks to God, Dr. D'Adamo and Dr. Rosenvold that I can work again, have my daughter without sacrificing my grand daughter. 2 of 2 people found the following review helpful. Is wheat making you ill? Read this book! By Colinda This book is not very long but it is full of information. The author is a medical doctor who admits that he did not always know much about celiac disease/gluten intolerance. He shares what he has learned in a clear and compelling way. I have multiple food allergies and sensitivities. I have avoided wheat for over ten years and have read extensively about food allergies and nutritional therapies. This is the first book that explains clearly how gluten sensitivity leads to other dietary problems such as dairy intolerance. Now I wish that I had known early on that I should not consume gluten (which is in wheat and certain other grains). Perhaps my long list of food allergies would be much shorter. Rosenvold also explains how gluten sensitivity can worsen the symptoms of a number of other conditions include MS, schizophrenia, and dementia. Recent news reports on a study of dementia proved him correct on this count. Readers who have a relative with celiac disease should read this book because they may have the disease too. Avoiding gluten is not really terrible - just shop the perimeter of the supermarket (produce, meat, dairy), check out the rice products and the health food aisle, skip the convenience foods (sorry!), and read the labels. New label rules have made it MUCH easier to avoid gluten. This is an excellent book for consumers, nutritionists, and even doctors - especially doctors! Celiac disease is not as rare as once thought. Rosenvold does not sensationalize the subject or make outrageous claims as many writers do on diet-related topics.

Book by Rosenvold, Lloyd