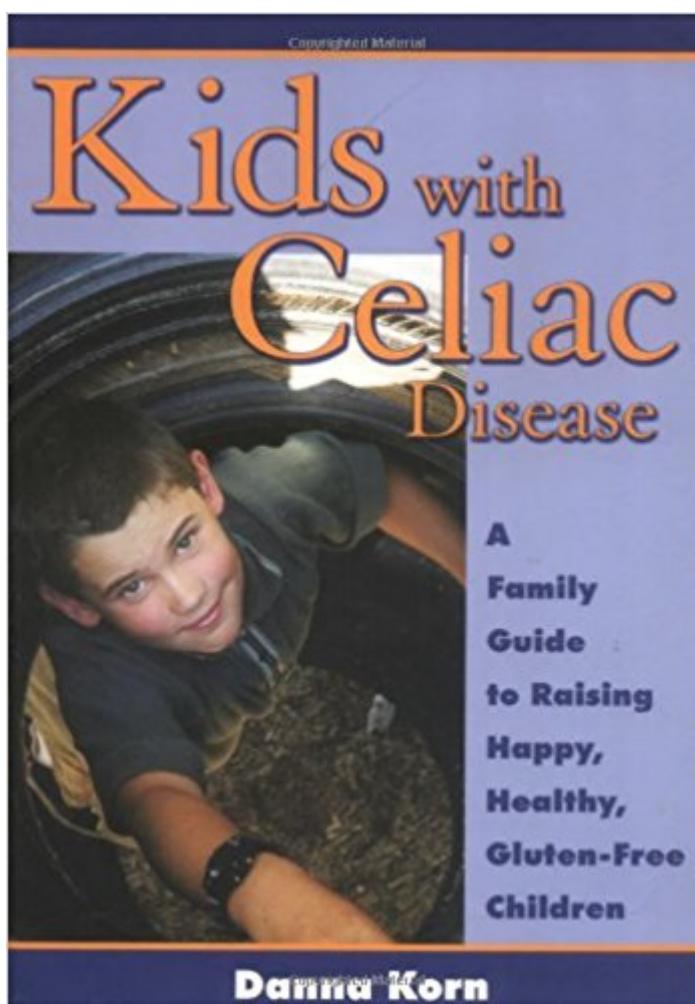


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# Kids With Celiac Disease : A Family Guide To Raising Happy, Healthy, Gluten-Free Children



## **Synopsis**

...practical guide for the families of children and teenagers with celiac diseases, a chronic life-long digestive disorder. This genetic autoimmune condition is characterized by intolerance of gluten, wheat, rye, barley, malt and other food additives...

## **Book Information**

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## **Customer Reviews**

A Review... "As both a mother of a celiac child and dietitian, I found KIDS WITH CELIAC DISEASE to be an excellent resource. Upbeat and user-friendly, this guide offers practical tips on navigating the gluten-free food world, from school lunches to birthday parties, while providing in-depth information on how to maneuver through the medical arena from diagnostic tests to medical terminology." --Eveyn Tribole, M.S., R.D., author of Healthy Homestyle Cooking

In 1991 Danna Korn founded Raising Our Celiac Kids (R.O.C.K.), a support group for families of children with celiac disease. She and her husband run a technical recruiting firm in San Diego County California. They live with their two children, including a boy with celiac disease, in Encinitas, California.

Admittedly, at this point I have only scanned through it. But what I scanned, here are my thoughts. What I like: I do like the sections on "cheating" and how to deal with it as well as how to handle different aspects of the diet and your child and family's coping with it as a whole. What I wasn't

super thrilled with was the perspective on nutrition. She put the old school, out dated food pyramid in there which (in my opinion...and the opinion of many smarter people than me) is highly flawed...saying that grains (of all kinds) should be the largest part of a person's diet is simply untrue. I am not against grains...but really they shouldn't be the largest part of any person's diet. She also discusses dairy as being important for calcium and how you should basically add it back in as soon as possible (if your child resumes being able to digest lactose)...but even Harvard just recently did a study regarding dairy and bone health and debunked the myth that it "gives you strong bones".... Dairy (cow's milk) is not even a necessary part of a human's diet and has been shown to actually be more inflammatory than helpful. Especially if a child has gut issues to begin with...it doesn't seem to me that it should be important to try to incorporate dairy (a difficult to digest food) to get Calcium when you can get it elsewhere...and Vitamin D should be obtained by sunlight...and if you can't get adequate amounts naturally, you can take it as a supplement...it is supplemented in milk anyway it isn't like milk is a natural source for vitamin D. Actually most of anything that would have been beneficial in milk/dairy products is degraded in the pasteurization and homogenization processes which destroys almost all the good stuff. All that said, I think that one chapter is the only negative (and really only if you have the same thoughts on nutrition as I do)...and it isn't even really the whole chapter...just certain parts. So this is why I gave it 4 stars.

Easy to read and helpful guide for an essential change in lifestyle.

This book was beyond helpful to me when my son was first diagnosed with celiac disease. It covers everything from safe gluten-free ingredients to attending birthday parties. I still read it when I find myself in an unfamiliar situation that involves gluten. I recommend this to any family with a child who has celiac disease.

I have read other books on Celiac disease, but this book targets how parents can help children with this diagnosis. Celiac disease runs in our family. I have it, my teenager has been recently diagnosed and I have a granddaughter with it. This book clearly spells out ways to communicate about the disease with pre-schoolers up through teenagers and some of the emotional issues that may surface. The author has fun and useful ideas to make the diet pleasurable for children. She has a great section on school lunch ideas and ways to help friends, family and school be informed. Kids with Celiac is full of information, but written in an easy to read style. This book is packed with hope and encouragement. It even has a section on how to feed a child immediately after diagnosis. She

takes away the panic and gives instead a plan of action. This book is a winner!

In my opinion, every newly diagnosed celiac or parent of a celiac should leave the doctor's office with their diagnosis AND this book. I spent so much time trying to gather information when my son was diagnosed. There was so much to learn, I felt like I was going crazy! This book not only addresses many of the medical questions you may have about celiac disease, but also the social, emotional, and day-to-day problems and concerns that are now factors in the lives of those with celiac disease. It will answer questions you may have now, and questions you don't even know you've got yet. The writer has a child with celiac disease, so she knows what daily challenges there are. She's been in the trenches. The book is so user friendly too. It's a great resource guide. I spent a lot of time jumping around looking up answers and gathering ideas before I even sat down and read it straight through. I can't urge anyone enough . . . buy this book. It is worth its weight in gold.

After our one year old was diagnosed with Celiac Disease this was the first book we were told to buy. It is the most helpful book we own and it will continue to be the most helpful book we own as our little one grows up. This book is great at helping with the psychological impact of this disease for our daughter's young age, and it continues through her teen years. We are forever grateful for this book. The author captures the feeling of every parent when they are first informed that their child has Celiac.

Recently, my six year old was diagnosed with Celiac Disease. This book has been a blessing. Anyone who has received a Celiac diagnosis, knows how scary it can be to wonder "how the heck am I going to safely feed my child???" Donna Korn, the author, has been there, and her resulting book is a guide to help parents and children not just live with Celiac, but thrive with Celiac.

Helped reduce initial overwhelmed feeling. A quick read and answers so many questions! Great find!

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