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# Healthy Gluten Free Kids - A Comprehensive Parents' Guide For Raising Children With Celiac Disease



## Synopsis

At over 190+ pages of information-packed material, this very useful guidebook is no pamphlet or light weight brochure like some e-books are. It's a complete and comprehensive practical manual over 190 pages long, written by a mother of children who have Celiac disease, so knows the ropes. It covers everything you need to know about what Celiac disease is and what it means to you and your child and everything about raising children with the disease and their upbringing in gluten free environment. It is considered by many to be the #1 Practical Guide available on the internet today for raising kids gluten free because of Celiac disease. Written by a parent for the benefit of other parents, the author learned this journey the hard way with 3 of her own children suffering Celiac disease. What she learned she willingly passes on to others, sharing all the facets of living life with this condition, including invaluable information that can change the lives for both parents and children alike. New to Celiac disease? Or looking for help on how to successfully raise your child on a gluten free diet, then this book is for you. More like a training handbook than an e-book, it's jammed packed full of practical and useful information that any family with a gluten intolerant child should not be without. Laid out like a roadmap to follow, it leaves virtually no stone unturned along the journey of surviving in the Celiac disease and gluten intolerant world. Bringing up children with this condition has its pitfalls and can be challenging, but this e-book covers most everything one needs to know to make the journey easier and safer. Having a child with Celiac disease is no longer a daunting prospect, as you can use this book as your roadmap and daily guide to avoid any potential problems, accidents, or mishaps along the way. Some of the invaluable information inside includes:

- What It Means For Your Child To Be Gluten Intolerant With Celiac disease
- How Will You And Your Child Cope Emotionally
- What Are The Links Between Gluten Health And Behavior
- Self Esteem - How Does Celiac disease Effects Your Childs Self Esteem
- What Are The Symptoms Of Celiac Disease And Gluten Intolerance
- What Is Gluten And Where Is It Found
- What Foods Are Safe And Which Ones To Avoid
- What Are The Best Gluten Free Flours To Use
- Great Gluten Free Recipes For Bread, Pizzas And Pastas
- Raising Babies With Celiac disease
- What Do I Need To Know - Raising Toddlers With Celiac disease
- What Do I Need To Know - Raising Tweens With Celiac disease
- What Do I Need To Know - Raising Teenagers With Celiac disease
- What Do I Need To Know - How To Prepare Your Kitchen And Pantry For Your New Culinary Journey
- How To Avoid Cross Contamination In Your Kitchen
- What Foods To Pack For Your Kids For, Parties. Sleepover, Playovers
- What Foods To Pack For School Lunches
- The Importance Of Labels When Buying Food
- How To Liaise With The School Canteen Manager
- How To Get The Food You Want At Your Local Restaurant
- What To Take Away With

You On Holidays And How To Prepare - What Natural Remedies You Can Use To Help - What To Talk To Your Doctor About You cannot afford to be without this guide if you have a child with this disease.

## Book Information

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