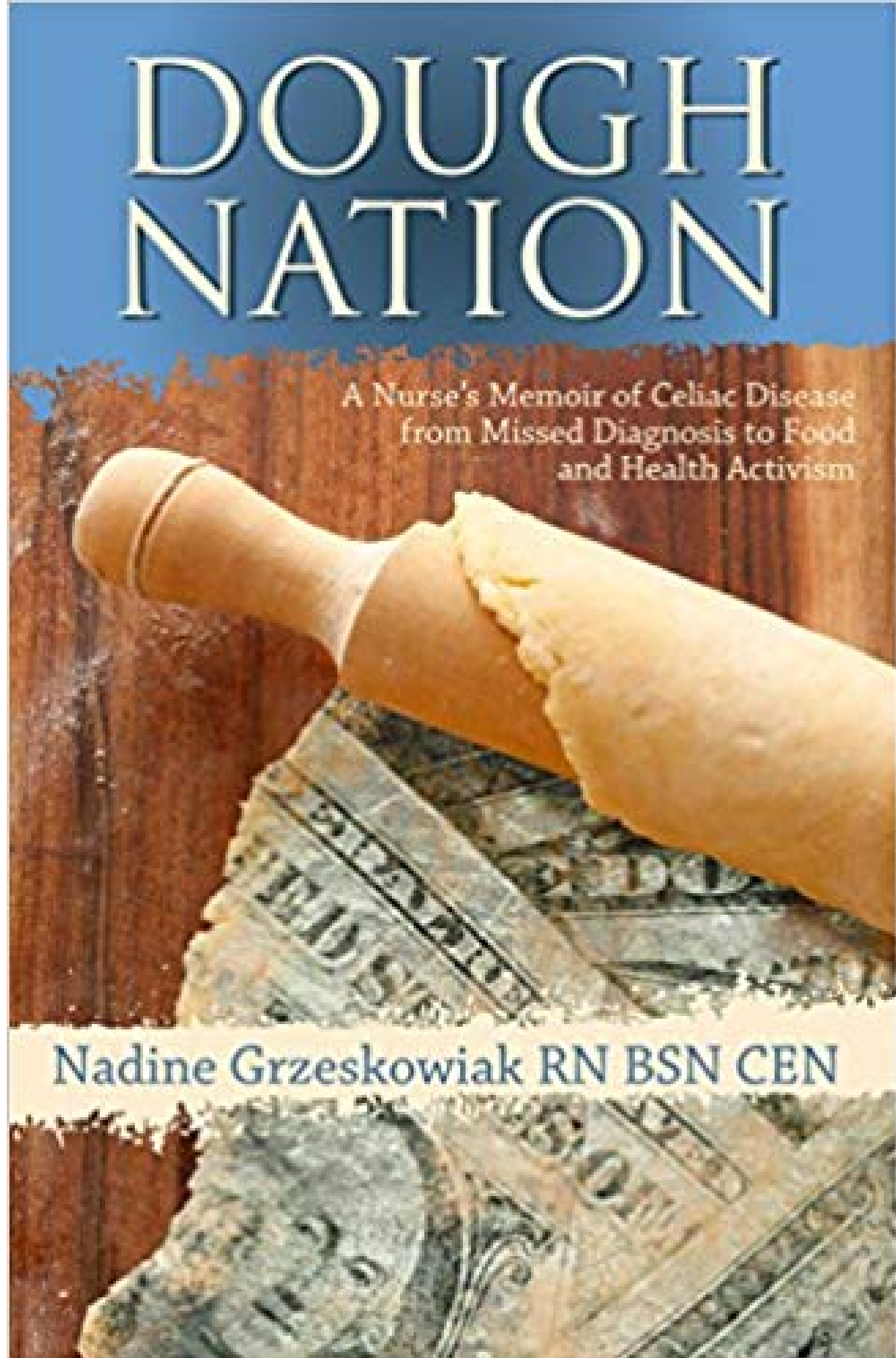


DOUGH NATION

A Nurse's Memoir of Celiac Disease
from Missed Diagnosis to Food
and Health Activism

Nadine Grzeskowiak RN BSN CEN



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Dough Nation: A Nurse's Memoir of Celiac Disease from Missed Diagnosis to Food and Health Activism



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A compelling story from an crisis/trauma/critical care nurse's perspective of her own battle to regain health after 40 years to be misdiagnosed as many different maladies rather than becoming diagnosed correctly with celiac disease after a scary 4 year plummet into multisystem organ failure. Many additional tales from the authors of close circle of friends and family reinforce the primary call for a nationwide mass screening for celiac disease. Dough Country investigates medical, social, political and economic factors concerning gluten intolerance and celiac disease and the way the largest untapped marketplace in the world is being manipulated. This reserve is a solid indication of just how much you have to be watching the power of the meals you are eating, having less health care education concerning celiac disease, the history of celiac disease in the usa and the globe and ways to become your own healthcare advocate.



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Very informative and honest! This book is wonderful! I cannot put it down. All you need to learn about Celiac Disease with the added reward of it being written by a nurse who was simply through the medical system and even with her advanced understanding of medicine was misdiagnosed by many practitioners. Will probably read it again. This should be required reading in nursing and medical schools. It was a fantastic read, very insightful. We were glued to it, no pun intended. I possibly could identify with most of the experiences in this publication, and short of a curse phrase that sneaked up on me, it was an excellent read, extremely insightful, motivating. The finish was just a little rushed (? PLEASE READ THIS Reserve! I sensed her despair in my own life, and felt encouraged by her determination to make herself better, and force on even though physicians aren't so inclined, willing, interested, or knowledgeable more than enough to help solve the issue. Read it, it's worthwhile.) and rambling, but I'm still glad I could get this book and learn therefore much from it. This is a must read. Even though you aren't Celiac, or gluten delicate, you probably know somebody who is. Wheat has been causing problems for folks for many years, plus some of the medical community are finally realizing the benefits of a gluten free of charge diet. David Perlmutter, MD also offers two excellent books upon this subject, and I recommend both: "Grain Brain", and "Brain Maker". These are all "video game changing" for easing symptoms from many ailments. I have shared this to all or any my children and friends. Good browse and personal enough to make it interesting. This book really addresses so many unspoken issues that I can't find answers from practitioners. Nadine is a true professional on Celiac disease, and her tale will be beneficial to all who examine it. Good read and personal plenty of to create it interesting. Five Stars Very helpful and informative book. It gave me desire to keep pushing and advocating for myself and my patients, to get the root factors behind illnesses. Mind blowing! Should be required reading for ALL healthcare practitioners. We really are what we eat and what we are consuming is making us unwell. I was sick for my entire life and I feel fortunate to have figured it out in my own 20's. I can relate with Nadine's story on so many levels. Excellent book. The author did thorough research and provides a powerful argument for making diet changes that may significantly improve wellness. Having read this book with the useful suggestions on lab tests and how to go gluten-free is crucial reading for all those pursuing any occupation in medical field. Five Stars I came across it helpful. Learn to be your own advocate! If you suspect at all that you or someone in your family might have celiac disease or even gluten sensitivity that is a must go through!! The author is very down to earth and you learn from her journey through discovery of celiac's how to be your very own advocate. I was sick for my entire life and I feel fortunate to possess figured it out in my own 20's, but with ZERO help from any doctors. I highly recommend this book! That is a great resource for my patients and I recommend. This book is a must-read! Her story is eyesight opening and she's many other issues that I never thought about until reading this reserve.. As she highlights, "food is medicine." This book is certainly worth reading, and you will want to share it with friends and family. Highly recommended for people who want to know even more about the condition and who endure illnesses that can not be diagnosed by Western Medicine. Thank you, Nadine, for being able to thus clearly illuminate existence with Celiac's disease! Being a nurse practitioner, reading an individual account of the effects of this disease on her behalf body and soul, it caused me to pause and reflect on patients that I've seen and reconsider some of their diagnoses. This book has given me clarity about how to go gluten free, not only in diet but in skincare too! This book is packed with info and her humor and irreverent style makes this a satisfying read.. Excellent book. Nadine is usually a genuine expert on Celiac. I would suggest this to all!.. I wish I experienced found it sooner in my own journey! This book has given me clarity about how to go. I learned more about gluten sensitivity and celiac's out of this reserve than anything I've read! I had to lower out gluten and dairy by myself to find out that meals was making me ill. This is an extremely eye-opening book about celiac disease and how so many people experience health problems without ever realizing the reason could be gluten within their diet. Everyone must read this!



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