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# Jennifer's Way: My Journey With Celiac Disease--What Doctors Don't Tell You And How You Can Learn To Live Again



## Synopsis

Celiac disease afflicts as many as one in 133 Americans. Unfortunately, 83 percent of them are undiagnosed or misdiagnosed, suffering through years of pain and misunderstanding.

Award-winning actress Jennifer Esposito was one of them, only receiving an official diagnosis after decades of mysterious illnesses and misdiagnoses. In *Jennifer's Way*, Esposito shares her personal journey, from her childhood in Brooklyn and years as a young actress to her struggle for an accurate diagnosis and quest to take charge of her health. She also offers critical tips and strategies for managing daily life with a chronic condition. [Esposito's] rags-to-riches story will keep readers turning pages. The second section of the book is a helpful guide to living with celiac disease.

• Publishers Weekly

## Book Information

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## Customer Reviews

This book has been crucial to my understanding of Celiac Disease and Wheat Allergy. I know, I know, don't start yelling yet! Celiac Disease is not an allergy. You are preaching to the choir. I love this book because of the clarity of thought and the well presented information in it. Anyone who has a life threatening disease or allergy can learn from Jennifer's horrendous journey through our medical system. A system that is all too eager to dismiss symptoms and problems that doctors can't immediately or easily resolve. If it can't be diagnosed in a 15 minute visit, it must be all in your head. I've been there and so have some of my friends. I was told after 59 years of symptoms that doctor's said were contradictory or unrelated (I must be imagining it or lying!), that I have a wheat allergy, verified by testing. I've had many allergy tests and other tests over the decades, but it's the first time

anyone told me I was allergic to wheat. The doctor was dismissive to my questions of why is it only showing up now, what do I need to do, etc. You can imagine the rest of my questions. His only advice was "avoid wheat" and he left the room. As far as he was concerned his job was done. I no longer see him. After removing wheat from my life, no easy task as you already know, my health improved exponentially. I wondered why I still became so ill with nausea, vomiting, joint pain (the list of complaints goes on) for days or weeks and then feel healthy only to start the cycle over again. This book gave me the answer, along with so many other answers. Those Gluten Free isles at the grocery store are not necessarily Gluten Free! I don't know why I was shocked to learn this.

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