

## Healthier Without Wheat: A New Understanding of Wheat Allergies, Celiac Disease, and Non-Celiac Gluten Intolerance

**Stephen Wangen**

Innate Health Publishing (March 2009)

Softcover \$19.95 (304pp)

978-0-9768537-9-4

Millions of people may currently be suffering numerous health problems from a culprit found in wheat called gluten. Gluten intolerance is often overlooked and frequently unrecognized by today's physicians, according to state licensed and board certified physician Dr. Stephen Wangen. While most people have heard of celiac disease, it is but a small part of a bigger problem called gluten intolerance.

The author of *Healthier Without Wheat* explains to readers and professionals how our culture first became infatuated with and later dependent upon wheat and the resulting problems that have since occurred. Author of *The Irritable Bowel Syndrome Solution*, Dr. Wangen is also founder of the Irritable Bowel Syndrome Treatment Center and the Center for Food Allergies. Wangen has spent many years researching the problems related to foods and allergies.

The book includes a good overview of the history of wheat, explains the differences between celiac disease and gluten intolerance, and includes personal essays by those who suffered from health problems that later proved to be the result of gluten intolerance. Wangen discusses medical tests that physicians often neglect that would rule out gluten intolerance, and he gives readers practical information to take to their physicians and practitioners. Many physicians still do not have a good appreciation for celiac disease, Wangen says, therefore when ruling out celiac disease most "will not pursue any further the possibility that a patient might instead be gluten intolerant. A "tremendous amount of suffering," he states, could be avoided if doctors only knew how to test for non-celiac intolerance.

In *Healthier Without Wheat*, Wangen challenges health assumptions about wheat and lists numerous conditions associated with gluten intolerance, including abdominal pain, anemia, arthritis, esophagitis, fatigue, and migraines. The book informs readers not only where gluten can easily be found but also where gluten hides. Wangen's concise and easy to understand manner will leave his readers with both an awareness of the bigger problem of gluten and how it could adversely be affecting their own lives and the lives of others.

ROBIN S. STEVENS (February 13, 2009)

*Disclosure: This article is not an endorsement, but a review. The author of this book provided free copies of the book to have their book reviewed by a professional reviewer. No fee was paid by the author for this review. Foreword Reviews only recommends books that we love. Foreword Magazine, Inc. is disclosing this in accordance with the Federal Trade Commission's 16 CFR, Part 255.*