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Health & Fitness

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

Stephen Wangen
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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, Wagner 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 aversely be affecting their own lives and the lives of others.

Robin S. Stevens