



Gluten Exposed: The Science Behind the Hype and How to Navigate to a Healthy, Symptom-Free Life

By Peter H.R. Green M.D., Rory Jones



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In this essential book on gluten, Dr. Peter H. R. Green, internationally renowned expert on celiac disease and director of the Celiac Disease Center at Columbia University, and acclaimed medical writer Rory Jones reveal the real scientific story behind the current gluten-free craze, identifying what is true and what is just pseudoscience.

In recent years, gluten has become a villain, getting blamed for anything and everything from heart disease and dementia to neuralgia and fatigue. Drove of people are adopting a gluten-free lifestyle, believing it's healthier or that it will help them lose weight and increase their energy. The diet, a regimen once followed only by those diagnosed with celiac disease (a serious autoimmune disorder caused by gluten), has become a cure-all, "prescribed" not only by gastroenterologists but also by dietitians, nutritionists, naturopaths, trainers, psychiatrists, and neurologists, as well as by celebrities and media personalities. Yet as *Gluten Exposed* reveals, there is little scientific evidence to justify this trend. The latest medical findings have shown that the majority of the information available about the effects of gluten on the body is only partly correct, or almost wholly incorrect.

Green and Jones, authors of *Celiac Disease: A Hidden Epidemic*, cut through the misinformation, false claims, and widespread confusion over gluten. They examine the connections between the gut, brain, and what you ingest (not just gluten, but other food and drugs) to reveal what's really going on in your body and your brain. They also bring to light the potential dangers of going gluten-free. While the diet is a lifesaver for those with celiac disease, for others it may injure health, rob the body of essential nutrients, and mask real problems. In fact, one of the biggest risks of going on a gluten-free diet without properly testing for what is causing your symptoms is postponing or missing a potentially serious diagnosis.

Gluten Exposed provides an in-depth examination of every symptom and condition associated with gluten, how gluten works in the body, what a gluten-free diet cures—and what it doesn't—and which drugs, supplements, and foods can cause problems often blamed on gluten alone. It offers clear, welcome

guidance and a practical road map that can help anyone achieve a healthier, symptom-free life.

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Editorial Review

Review

“There’s a lot of confusion surrounding gluten—whether eliminating it can help you lose weight, clear brain fog, cure stomach issues and more. The brilliant and renowned Dr. Peter Green, and science writer Rory Jones, have cut through the confusion to provide evidence-based answers and advice you can trust. In *Gluten Exposed*, they sort through all the science to create a comprehensive guide on the subject. If you are considering going gluten-free, you should definitely read this book first.” (Joy Bauer, MS, RDN, nutritionist for NBC’s TODAY show, founder of Nourish Snacks and best-selling author of *From Junk Food to Joy Food*)

“*Gluten Exposed* will hopefully put the breaks on the worldwide epidemic of using a gluten-free diet for just about everything that “ails ya.” Peter Green and Rory Jones provide a masterful in-depth summary of the pitfalls and dangers of gluten-free diets in non-celiac individuals, and at the same time describe openings for more research where it may be helpful outside of celiac disease. *Gluten Exposed* reviews a totality of gluten and celiac-related science that will enrich health care professionals and the health-minded community.” (Richard J. Deckelbaum, MD, FRCP(C), Division of Pediatric Gastroenterology, Hepatology, and Nutrition and Director, Institute of Human Nutrition, Columbia University Medical Center)

“[*Gluten Exposed*] is a model for how to communicate science to the public, an antidote to the breathless hype and simplistic headlines that too often dominate popular scientific discourse....The book offers expert, up-to-date summaries of the scientific consensus (or lack thereof) on gluten, grains, the gut, the microbiome, and theories about how these come together in healthy and unhealthy people. (Slate)

“*Gluten Exposed* provides detailed but easy-to-read explanations of the science behind celiac disease, gluten sensitivity, and the relevance of gluten to a host of other conditions, from autism and “brain fog” to diabetes and fibromyalgia. Dr. Green’s deep clinical experience comes through on every page. The book provides sensible advice to all who are concerned about the impact of gluten on their bodies. Green and Jones aren’t shy about pointing out common myths and misconceptions about gluten, and letting the reader know what is merely speculation rather than fact. The chapter on autism is a case in point. If you’re curious about all the hype around gluten, read *Gluten Exposed*.” (Paul Wang, M.D., Senior Vice President, Autism Speaks)

“Written with keen intelligence and a kind heart, GLUTEN EXPOSED illuminates what is known and not known, what is believed and what is doubted, what is claimed and what is disputed. It’s an essential book for those seeking not only information but wisdom about a most important and misunderstood condition.” (Jerome Groopman, M.D., Recanati Professor, Harvard Medical School, coauthor with Dr. Pamela Hartzband of *Your Medical Mind: How to Decide What is Right for You*)

“Serious and comprehensive.” (*Publishers Weekly*)

“In *Gluten Exposed*, Dr. Peter Green, a leader in the care of patients with celiac disease, and science writer Rory Jones, explain the illness and how ordinary people can optimize their health. This is a very useful book and fully digestible!” (Martin J. Blaser, MD, Director, NYU Human Microbiome Program, author of *Missing Microbes*)

“The demonization of gluten has resulted in claims and counter-claims, profit-making by celebrities,

pseudoscientists, and the food industry, and general confusion, even in the scientific community. *Gluten Exposed* provides simple and digestible understanding in this perplexing debate, helping those with an open mind to better understand the issues and make reasoned, personal decisions about their health. It will contribute significantly to community understanding of the issues around gluten and more.” (Peter Gibson, M.D., Director of Gastroenterology at the Alfred Hospital and Monash University)

“Dr. Peter Green is my gluten free medical go-to. I am constantly learning and benefiting from his passion and pursuit, and we all benefit from his commitment to research when it comes to celiac disease and autoimmune connections.” (Elisabeth Hasselbeck, Bestselling author of *The G-Free Diet and Deliciously G-Free* and creator and founder of NoGii -- gluten-free solutions for the entire family)

“Years ago, Dr. Peter Green was the pioneer who revealed the prevalence of celiac disease and the life-saving value of a gluten-free diet for its victims. In *Gluten Exposed* he uncovers the hype that now misleads so many to go gluten-free for all the wrong reasons. This urgently needed, highly accessible, solidly science-based book is a must-read for people who care about their health.” (Walter Mischel, Professor of Psychology, Columbia University, author of *The Marshmallow Test: Mastering Self-Control*)

From the Back Cover

In this essential book on gluten, Dr. Peter H. R. Green, internationally renowned expert on celiac disease and director of the Celiac Disease Center at Columbia University, and acclaimed medical writer Rory Jones reveal the real scientific story behind the current gluten-free craze, identifying what is true and what is just pseudoscience.

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About the Author

Peter H.R. Green, M.D., is the director of the Celiac Disease Center at Columbia University. He is the Ivan

and Phyllis Seidenberg Professor of Medicine at the College of Physicians and Surgeons, Columbia University and attending physician at the Columbia University Medical Center (New York-Presbyterian Hospital). Celiac disease has been his focus for the last 25 years with equal concentration on patient care and research. He is the co-author of *Celiac Disease: A Hidden Epidemic* and *Gluten Exposed: The Science Behind the Hype and How to Navigate to a Healthy, Symptom-Free Life*.

Rory Jones, M.S. is a medical writer and Adjunct Professor of Narrative Medicine at Barnard College of Columbia University. She has done extensive work on health and medical topics, including educational programs for both adults and children. She specializes in 'translating' scientific information for a consumer audience. Diagnosed with celiac disease in 1998, she has researched and written about it and the gluten-free diet for medical as well as consumer publications. She is the co-author of *Celiac Disease: A Hidden Epidemic* and *Gluten Exposed: The Science Behind the Hype and How to Navigate to a Healthy, Symptom-Free Life*.

Users Review

From reader reviews:

Albert Gilchrist:

Nowadays reading books be than want or need but also get a life style. This reading practice give you lot of advantages. Associate programs you got of course the knowledge the actual information inside the book this improve your knowledge and information. The data you get based on what kind of book you read, if you want drive more knowledge just go with knowledge books but if you want experience happy read one with theme for entertaining including comic or novel. The *Gluten Exposed: The Science Behind the Hype and How to Navigate to a Healthy, Symptom-Free Life* is kind of publication which is giving the reader erratic experience.

James Donofrio:

This book untitled *Gluten Exposed: The Science Behind the Hype and How to Navigate to a Healthy, Symptom-Free Life* to be one of several books this best seller in this year, that's because when you read this reserve you can get a lot of benefit upon it. You will easily to buy this particular book in the book retailer or you can order it by means of online. The publisher of the book sells the e-book too. It makes you quicker to read this book, since you can read this book in your Mobile phone. So there is no reason for you to past this book from your list.

Sandra Bryson:

The reason why? Because this *Gluten Exposed: The Science Behind the Hype and How to Navigate to a Healthy, Symptom-Free Life* is an unordinary book that the inside of the book waiting for you to snap that but latter it will zap you with the secret this inside. Reading this book close to it was fantastic author who else write the book in such wonderful way makes the content within easier to understand, entertaining

method but still convey the meaning totally. So , it is good for you because of not hesitating having this anymore or you going to regret it. This book will give you a lot of positive aspects than the other book have such as help improving your proficiency and your critical thinking technique. So , still want to delay having that book? If I had been you I will go to the e-book store hurriedly.

Doyle Swoope:

Many people said that they feel bored stiff when they reading a e-book. They are directly felt that when they get a half portions of the book. You can choose the actual book Gluten Exposed: The Science Behind the Hype and How to Navigate to a Healthy, Symptom-Free Life to make your own reading is interesting. Your current skill of reading skill is developing when you similar to reading. Try to choose straightforward book to make you enjoy you just read it and mingle the feeling about book and examining especially. It is to be initially opinion for you to like to open up a book and learn it. Beside that the reserve Gluten Exposed: The Science Behind the Hype and How to Navigate to a Healthy, Symptom-Free Life can to be a newly purchased friend when you're truly feel alone and confuse in what must you're doing of their time.

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