



# What Nurses Know...Gluten-Free Lifestyle

*Sylvia A. Llewelyn Bower RN*

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## What Nurses Know...Gluten-Free Lifestyle Sylvia A. Llewelyn Bower RN

User-friendly, evidence-based advice for living a healthy gluten-free lifestyle.

If you or a loved one has been diagnosed with celiac disease or has a sensitivity or allergy to gluten, *What Nurses Know: Gluten-Free Lifestyle* provides the clear, science-backed information necessary to live and eat safely and well.

As a registered nurse living with celiac disease, Sylvia Llewelyn Bower understands how challenging it can be to know what to eat and what to avoid, how to set up a gluten-free kitchen, what to watch for in medications, and how to safely dine out and travel. Here, she cuts through the confusion and offers clear, practical advice and tips for dealing with the every day issues and challenges of living gluten free. You'll find:

- Quick-reference lists of gluten-free foods and those that contain gluten
- What you need to know about reading labels
- A one-week healing meal plan of simple, delicious, and nutritious gluten-free dishes to help you get started
- Ways to help a child live gluten free
- How to get the nutrients and vitamins you need and prevent weight gain from too many gluten-free packaged foods
- Advice to help you stay gluten free while traveling and eating out

*What Nurses Know: Gluten-Free Lifestyle* takes the guesswork out of living gluten free.

### About the Series

Nurses constantly straddle the line between the world of medicine and the patient's experience. This series offers down-to-earth, evidence-based advice from expert nurses who offer straightforward and practical guidance for dealing with all kinds of medical conditions.

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