



Vivir bien sin gluten (Spanish Edition)

Isabel Polanco

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La guía definitiva que no necesita traducción. Con este libro: Entenderá qué es la intolerancia al gluten. Identificará sus síntomas. Descubrirá falsos mitos y creencias. Aprenderá a elaborar recetas sin gluten. Mejorará su calidad de vida «En las guías VIVIR BIEN encontrará toda la información relacionada con la salud, el bienestar y la calidad de vida que usted necesita.» Ramón Sánchez-Ocaña. ¿Cuál es la causa de la enfermedad celíaca? ¿Qué diferencia hay entre una alergia y una intolerancia alimentaria? ¿Hay algún método analítico que permita diagnosticar la enfermedad celíaca? La enfermedad celíaca es un proceso sistémico de base autoinmune que se caracteriza por una intolerancia permanente al gluten y que se presenta en personas genéticamente predispuestas. La doctora Isabel Polanco, referente en España en la enfermedad celíaca, pone al servicio del lector todos sus conocimientos para ofrecernos una guía completa y eminentemente práctica. Con este libro usted podrá saber: Qué es la enfermedad celíaca. Cuáles son sus repercusiones. Cuál es el único tratamiento eficaz para la enfermedad celíaca. Qué es el gluten. Vivir bien sin gluten se convertirá en una herramienta imprescindible que en pocas semanas contribuirá a mejorar la calidad de vida de todas aquellas personas que desean disfrutar de su día a día... sin gluten.

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