

Contact: John Libonati  
Tel. 215-591-4565 cell: 215-667-0376 email: info@glutenfreeworks.com  
Gluten Free Works, Inc.  
365 East Butler Avenue, Floor 2  
Ambler, PA 19002  
[www.glutenfreeworks.com](http://www.glutenfreeworks.com)  
[www.recognizingceliacdisease.com](http://www.recognizingceliacdisease.com)

FOR IMMEDIATE RELEASE:

## **“RECOGNIZING CELIAC DISEASE” ANSWERS CALL BY THE MEDICAL COMMUNITY FOR BETTER CELIAC DISEASE EDUCATION**

Gluten Free Works Publishing™ is proud to announce the release of “Recognizing Celiac Disease,” the highly anticipated new book by Cleo Libonati, RN, BSN.

“Recognizing Celiac Disease” is a reader-friendly reference manual written for both medical professionals and the general public that specifically answers the call from the National Institutes of Health for “better education of physicians, dietitians and other healthcare providers.” It has been endorsed by top medical professionals and professors at Harvard, Columbia, Jefferson and Temple Medical Schools as well as the National Foundation for Celiac Awareness and the Celiac Sprue Association – USA. “Recognizing Celiac Disease” is being hailed as the complete guide to recognizing, diagnosing and managing celiac disease and a must-have for physicians, dietitians, nutritionists, nurses, patients and anyone with an interest in this complex disorder.

Celiac disease is an inherited, chronic, digestive, auto-immune disorder now estimated by the NIH to affect 1% of the human population, 3 million in the United States alone. It is caused by the ingestion of wheat, barley, rye and oats or any ingredient made from them. When people with celiac disease eat these foods, their immune system attacks and damages the lining of their small intestine, eventually leading to loss of intestinal integrity, nutritional deficiencies and any of a multitude of health problems. Signs, symptoms, associated disorders and complications number in the hundreds, can affect any part of the body and include osteoporosis, irritable bowel syndrome, acid reflux, behavioral disorders, weight gain or loss, neurological disorders, miscarriage, anxiety, and various cancers. Only a small fraction of those who have celiac disease even know it. Most go undiagnosed or misdiagnosed for years. Treating celiac disease means simply removing foods containing wheat, barley rye or oats from the diet and often results in complete recovery. Early diagnosis is crucial to an optimal prognosis.

“Recognizing Celiac Disease” is based on up-to-date scientific information obtained from hundreds of medical research studies and case reports from around the world. It explains gluten (the cause of celiac disease), sources of gluten in food and how gluten triggers a harmful

reaction in the body. The manual continues with an overview of celiac disease, including its history, prevalence in the population, description, pathophysiology, classifications of manifestations, methods for diagnosis, management and prognosis, as well as a complete and highly interesting walk-thru of the digestive process that describes the ways gluten disrupts both organ structure and function. The 3-Step Process for gluten-free diet self-management makes this book a useful guide and resource for successful dietary management by dietitians, nutritionists and individuals. Helpful lists of foods and ingredients commonly allowed and not allowed on a gluten-free diet are also provided. Easy-to-use nutritional charts noting how deficiencies present, research study findings, case reports, response to gluten-free diet, and lists of foods with the highest sources of each nutrient enable any person to assess his own, or a patient's, state of health regarding nutritional deficiencies related to celiac disease and then manage those deficiencies. Comprehensive charts of over 300 health problems detail their prevalence, relationship to celiac disease, symptoms, causes and response to the gluten-free diet to aid clinicians and patients in identifying and treating disorders caused by, or related to, celiac disease.

Cleo Libonati is a University of Pennsylvania graduate with nursing experience spanning thirty years, including patient care, research, teaching and management positions. As a medical paralegal, she drafted Institutional Review Board (IRB) procedures for multiple IRBs responsible for protecting the rights of medical research participants. Her personal experience in discovering celiac disease to be the underlying cause of health problems dating back to childhood, and her resulting recovery, motivated her to create this work to help others.

Gluten Free Works Publishing is a subsidiary of Gluten Free Works, Inc., an internet-based company providing information and gluten-free foods that help people live a healthy gluten-free lifestyle. They can be reached online at [www.glutenfreeworks.com](http://www.glutenfreeworks.com), through emailing [info@glutenfreeworks.com](mailto:info@glutenfreeworks.com) or by phone at 215-591-4565. Recognizing Celiac Disease can be reviewed at [www.recognizingceliacdisease.com](http://www.recognizingceliacdisease.com).

###