



Dough Nation: A Nurse's Memoir of Celiac Disease from Missed Diagnosis to Food and Health Activism

Nadine Grzeskowiak

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A compelling story from an emergency/trauma/critical care nurse's perspective of her own struggle to regain health after 40 years of being misdiagnosed as many different maladies instead of being diagnosed correctly with celiac disease after a scary 4 year plummet into multisystem organ failure. *Dough Nation* investigates the health, social, political and economic factors regarding gluten intolerance and celiac disease and how the largest untapped market in the world is being manipulated. Many additional stories from the authors of close circle of friends and family reinforce the primary call for a national mass screening for celiac disease. This book is a strong indication of how much you need to be paying attention to the power of the food you are eating, the lack of health care education regarding celiac disease, the history of celiac disease in the United States and the world and how you can become your own health care advocate.

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