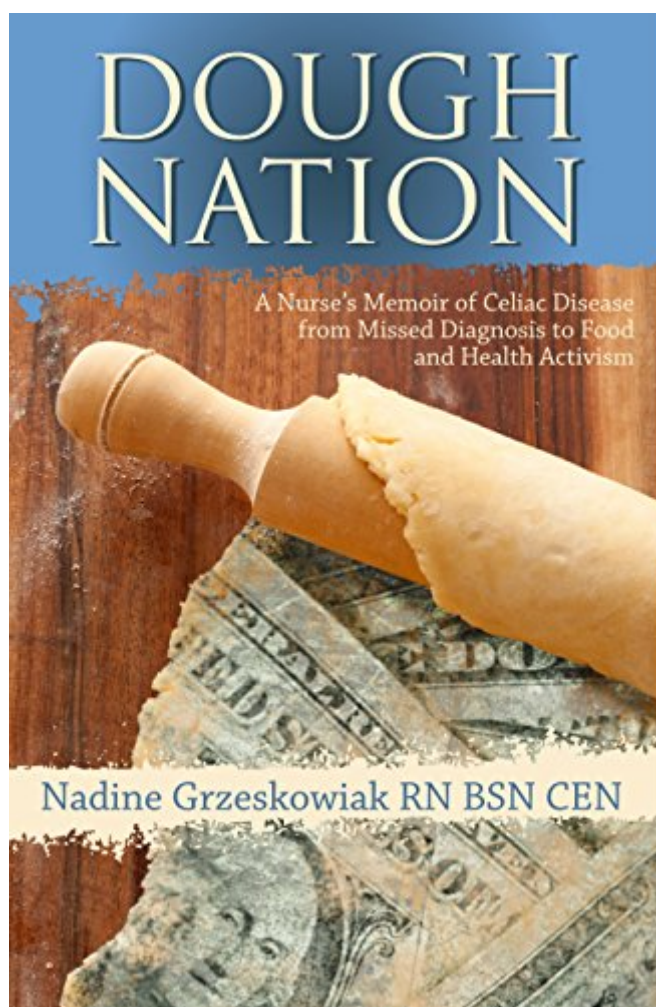


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# Dough Nation



## Synopsis

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.

## Book Information

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## Customer Reviews

This is a must read. Even if you are not Celiac, or gluten sensitive, you probably know someone who is. Wheat has been causing problems for people for many years, and some of the medical community are finally realizing the benefits of a gluten free diet. David Perlmutter, MD also has two

excellent books on this subject, and I highly recommend both: "Grain Brain", and "Brain Maker". These are all "game changing" for easing symptoms from many ailments.

This is a fantastic read. When I pick up topical non-fiction, I usually skim to only the most relevant sections to get the information I need. With Dough Nation, I read the book cover-to-cover for a few reasons:1 - The writing style and voice are so conversational and funny, it's a fun and easy read, despite the fact that it's addressing a complex topic from a variety of angles.2 - The content is great - there is Nadine's personal story, symptoms, (mis-)diagnoses, as well as the scientific, medical, and market factors that led to her personal situation as well as the lack of education about celiac and gluten impacts in the medical community3 - Personal stories, symptoms, and successes of Nadine's wide circle of patients and acquaintances (now friends)... the writing here is verbatim from the contributors so some are not as crisp as Nadine's fine prose. Please buy and read this book, and please share it with loved ones who are showing signs and symptoms of gluten intolerance, advocate for better testing, and talk to your medical practitioners! Personally, I did not consider myself as having any health issues, but since dropping gluten (not so hard, and I allow for the occasional lapse), my skin is clearer than any time in my life. For my daughter, I've found skin and digestive system improvements that could make for one of Nadine's stories!

I laughed. I snorted. I cried. Nadine is a brilliant nurse and educator. She is a critical thinker, which unfortunately is often lacking in health care providers. I know her personally and hold her in high esteem. I am a nurse practitioner and believe everyone should read this book. Lay people and medical personnel included. I appreciated her honest personal stories. She details how to get tested properly (all too often lacking). There are also recommendations for gluten free products she trusts. This book is well worth your time and money to invest! Even though Nadine is a friend of mine, I purchased the book. You should too. If you are unable to purchase, please ask your local library to add this valuable resource on gluten and celiac to their library.

Nadine being a registered nurse has a sincere desire to help others but also is in the position to understand exactly the suffering and trauma of what it is like living with Celiac disease. She has the condition herself. This isn't just a science book which would be the expectation given the author's medical background but it is a journal (memoir) of the failure, struggles, tests and re-tests, misdiagnoses, the awareness and then research of the potential of the Paleo diet and finally the successes that came about from eating a natural diet. Nadine also discusses the impact that BIG

food and BIG pharma has on our food choices and treatment options in relation to modern lifestyle diseases and why the removal of gluten from the diet can be one key in the battles for better health. The narrative is fantastic and engages the reader with solid science, fantastic anecdotes and personal experience. Thanks for a valuable resource!

From the moment I heard Nadine speak, I knew I needed to purchase her book. Not only does she have medical experience from being an RN, but she actually has celiac disease. Hello, empathy! Nadine's book, "Dough Nation... A nurse's memoir of Celiac Disease from Missed Diagnosis to Food and Health Activism" is a must read for anyone who struggles with Gluten and wants a medical professional's thoughts on it from someone who actually LIVES it. I also wish all doctors would read it. I can't imagine how different my life would be, had my doctors had this knowledge when I was trying to figure out what in the world was wrong with me. In her book, Nadine details her personal health struggles as she struggled with figuring out what on earth was wrong with her and believing in her heart that she was surely dying (I've soooooo been there), right on up to her climbing mountains! Go Nadine! Aside from her compelling personal experience, she talks about her experience with the Paleo diet, medical advice for testing and tips for going gluten free. Nadine is adamant that EVERYONE should be tested, and I wholeheartedly agree with her.

I just finished reading Dough Nation. This is a must-read for everyone. It was such an eye-opening experience. I was excited to learn that there is help for some horrible diseases that many people suffer from. Then I was angry with the medical society and the pharmaceutical companies for their greed. Sharing this book with friends and family hopefully will bring more awareness to this treatable disease. Thank you Nadine, great job! Stay the course, you found your purpose in this life my friend.

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