



# **The Gluten Connection: How Gluten Sensitivity May Be Sabotaging Your Health - And What You Can Do to Take Control Now**

*Shari Lieberman*

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# The Gluten Connection: How Gluten Sensitivity May Be Sabotaging Your Health - And What You Can Do to Take Control Now

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One of the nation's top clinical nutritionists presents her 14-day program for treating and reversing gluten sensitivity, a condition that affects as much as 35 to 50 percent of the U.S. population and is a major contributing factor to an array of chronic illnesses

Struggling with weight gain? Plagued by fatigue? Suffering from joint pain? According to preeminent clinical nutritionist Dr. Shari Lieberman, these symptoms are among the hallmarks of a little-known but surprisingly common sensitivity to gluten, a protein in certain grains. Dr. Lieberman has been investigating gluten sensitivity for more than 20 years. In her experience, eliminating gluten can alleviate many troubling symptoms for which doctors often can't find a cause, as well as chronic conditions for which mainstream medicine offers little hope of relief—including rheumatoid arthritis, ulcerative colitis, psoriasis, fibromyalgia, lupus, and irritable bowel syndrome.

In fact, 85 percent of Dr. Lieberman's clients who follow a gluten-free diet report dramatic improvement in their health—and scientific studies support her results.

In *The Gluten Connection*, Dr. Lieberman presents a simple questionnaire to help readers assess their risk for gluten sensitivity and provides a 14-day eating plan to start them on the path to improved health and vitality. She also recommends nutritional supplements to support and maximize the therapeutic potential of a gluten-free diet.

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