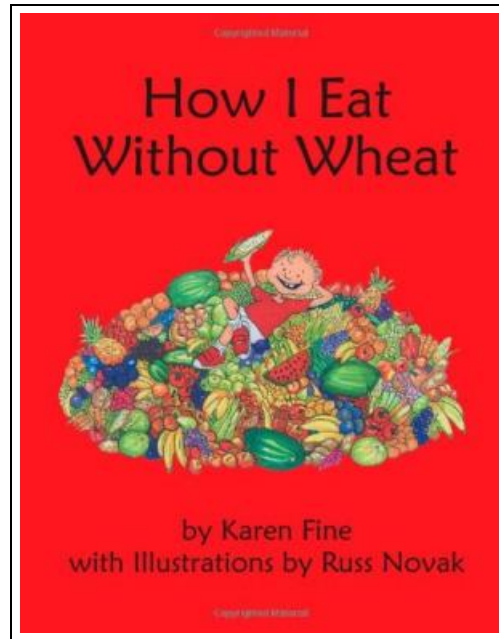


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AUTHORHOUSE, United States, 2007. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. How I Eat Without Wheat is a picture book for toddlers and young children who have diets that restrict them from eating gluten and wheat. The book uses rhyming text and entertaining illustrations to tell the story of a boy who takes a positive approach to his change in diet and restores his health. After my 22 month old son was diagnosed with celiac disease in 2003, I was unable to find any toddler-age book that would help me explain to him that everything was going to be alright. We did not want him to go through life thinking that just because he had a different diet than some children, it did not make him any less normal. There are plenty of children on special diets for different reasons and I emphasized at home not to make a big deal. He s now thriving thanks to the new products on the market from increased awareness about celiac disease, gluten intolerance and wheat allergies. A change in diet has changed our lives and I hope to inspire other young children to live happy, healthy lives.

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