

# Learn more about Gluten Sensitivity

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## Websites

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**AuroraHealthCare.org** Explore *Aurora Health Care* for information on celiac disease and gluten sensitivity.

Aurora's website provides general information, including definitions, causes, symptoms, diagnosis, treatment and nutritional guidelines. From the Aurora home page, search for "celiac disease" or "gluten free." This resource also is provided in Spanish.

**allrecipes.com** *Allrecipes* offers the newest and most popular gluten-free recipes. Allrecipes is a recipe sharing site that provides recipes from professional chefs and Allrecipes members. From the home page, search "gluten free."

**celiac.org** *Celiac Disease Foundation* is a nonprofit organization that provides services and support regarding celiac disease and dermatitis herpetiformis. It develops and distributes current evidence-based information about these conditions and the gluten-free lifestyle.

**gluten.net** *The Gluten Intolerance Group's* website includes basic and advanced information on celiac disease and gluten-free diets, finding restaurants near you, and educational flyers in Spanish. You'll also find resources on vegetarianism, medications and celiac disease and a list of gluten-free certified brands and products.

**teenshealth.org** *Teens Health* provides accurate, up-to-date health information free of medical jargon for children and teens. From the home page, search the website for "celiac disease" or "gluten free." This resource also is provided in Spanish and has an audio option.

## Local resources

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*Aurora Health Care* (888-863-5502; [integrativemedicine@aurora.org](mailto:integrativemedicine@aurora.org)) offers chiropractic care, acupuncture, massage therapy and health awareness consultations and products.

*Aurora Nutrition Services*, 414-328-7400. Call nutrition professionals for a quick answer to a short question on diet or nutrition, or for information on obtaining more in-depth nutritional counseling.

## Books

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*100 Questions & Answers About Celiac Disease and Sprue* by David L. Burns, Jones and Bartlett Publishers, 2008, ISBN 0763745022, 225 pages, \$19.95. Author Dr. David L. Burns provides answers to the most common questions asked by patients and family members.

*Eating Gluten-free with Emily: a Story for Children with Celiac Disease* by Bonnie J. Kruszka, illustrated by Richard S. Cihlar, Booksurge, 2008, ISBN 1439212260, \$13.99. Written by the mother of a child with celiac disease, this book offers a reassuring look at celiac disease in language that a child can easily understand.

*Gluten-free Quick and Easy: From Prep Plate Without the Fuss - 200+ Recipes for People with Food Sensitivities* by Carol Fenster, Avery, 2007, ISBN 1583332782, 333 pages, \$20. In this book, the author reveals shortcuts, tips and timesaving techniques from nearly 20 years of gluten-free cooking experience.

*Books on this topic are available for checkout through the Aurora Libraries and for purchase through Aurora stores, such as the Garden of the Senses Boutique at Aurora Women's Pavilion and Aurora Pharmacy For Your Well Being store at Aurora St. Luke's Medical Center.*