



Celiac and the Beast: A Love Story Between a Gluten-Free Girl, Her Genes, and a Broken Digestive Tract

Erica Dermer

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This is a real-life, no-holds-barred account of being diagnosed and living life with celiac disease. This is told through a humorous perspective from an average gluten-free girl who hates to cook and has an obsession with baking chocolate chip cookies to combat stress. This details the struggle through misdiagnosis after misdiagnosis, additional medical issues along with celiac disease, and a connection between her past life of disordered eating to her new medically restricted diet. However, this book also showcases the triumphs of living a gluten-free life - from meeting new friends, to living life with a purpose, and meeting the wheat-free man of her dreams.

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