

Title:

Celiac Disease and Diabetes

Word Count:

309

Summary:

Managing one health problem can be difficult, particularly when it involves sticking rigidly to

This article offers strategies to combine both diets with the minimum of fuss.

Keywords:

celiac disease. gluten free, coeliac, gluten intolerance, diabetes, multiple health problems,

Article Body:

Living with multiple health problems can complicate things. As a diabetic balancing the level

People with type 1 diabetes are at greater risk of developing celiac disease. It follows that

In principle the same rules apply to your diet, whatever the problem. As a diabetic you need

Here are 5 rules to ensure you get the most out of your life:

Become well informed about both conditions. Be clear what you can and cannot eat, what altern

Plan ahead-always take a supply of suitable gluten-free carbohydrates and insulin with you. P

Take control of your life, you are a person who happens to have celiac disease and diabetes.

Confidence grows out of knowing what you can and cannot eat. Instead of tackling the conditio

Live life to the full. Try new things, push out the boundaries and the sky is the limit!

This is a demo version of txt2pdf v.10.1

Developed by SANFACE Software <http://www.sanface.com/>

Available at <http://www.sanface.com/txt2pdf.html>