

Sono celiaco, non malato! Una guida amica per adulti e bambini intolleranti al glutine.



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Reviews

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(Jaiden Konopelski)*

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RED Edizioni, 2009. Book Condition: new. Milano, 2009; br., pp. 118, cm 15x21. (Piccoli e Grandi/Manuali. 90). Una guida per tutti coloro che si trovano a dover affrontare la celiachia. Grandi e piccoli che attraverso questo libro possono scoprire come, con qualche accorgimento, sia possibile condurre una vita normale anche a tavola. Il libro tratta la celiachia da molti punti di vista: medico-scientifico, affrontando fra l'altro recentissime tematiche quali le ricerche sulla pillola anticeliachia e sul vaccino; psicologico, esaminando come sia possibile imparare a gestire la celiachia senza lasciarsi sopraffare da ansie e paure; pratico, descrivendo l'ABC delle cose da fare, tutti gli aspetti legati all'alimentazione a casa ma anche a scuola, da amici e parenti, al ristorante, in viaggio e in vacanza.



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