



# **Spotlight on Gluten: New Symptoms for the New Millennium? or Long-Standing Symptoms Now Being Recognized?**

*Lucille Cholerton*

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Lucille Cholerton is a specialist in gluten sensitivity and coeliac disease. She and her three grown children all suffer from gluten sensitivity. Read her story in *Spotlight on Gluten: New symptoms for the new millennium? Or long-standing symptoms now being recognized?* "Age is very pertinent to the subject of gluten sensitivity. This disorder should really be diagnosed in childhood, but if the diagnosis is missed, people can suffer for many years with unexplained symptoms, when something that they are eating every day could be the root cause of their ill health." This book covers the symptoms that Cholerton and her children suffered, and how they improved their health dramatically on a gluten-free diet. The author's research spans twenty years. "In my research I discovered that gluten may be responsible for many autoimmune disorders, of which there are some eighty-eight documented. My doctors knew nothing about this, so I really had to be my own "guinea pig." A former teacher, Lucille Cholerton is now a nutrition counselor and is writing her next books on gluten sensitivity. "There is a dire need for better diagnosis and understanding of this disorder." She is married and lives in Durban, South Africa. She started the Gluten Intolerance/Coeliac Support Group in Durban in 1995. For more information about gluten, visit <http://www.allergysa.org> . Publisher's website: <http://sbpra.com/LucilleCholerton> Author's Website: <http://spotlightongluten.com>

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