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# Jennifer's Way: My Journey With Celiac Disease--What Doctors Don't Tell You And How You Can Learn To Live Again



## Synopsis

The National Foundation for Celiac Awareness estimates that as many as one in 133 Americans has celiac disease. Unfortunately, 83 percent of people who have this terrible disease are undiagnosed or misdiagnosed; suffering through years of pain and misunderstanding. Award-winning actress Jennifer Esposito was one of those 83 percent, receiving an accurate diagnosis only after decades of mysterious illnesses and myriad misdiagnoses. Now Jennifer shares her riveting personal journey; from her earliest memories of her childhood in Brooklyn to her years as a young actress, all the while suffering from unexplained, devastating ailments. Jennifer's struggle to finally receive an accurate diagnosis is one that anyone who has a chronic disease will share. But this is more than a story of suffering. It is the story of one woman's valiant journey to take charge of her health and rebuild her life. Not only will you learn from Jennifer's personal story, the book also guides you through early diagnosis, sharing the steps that helped Jennifer heal. Plus, you'll find recipes she uses at home, along with recipes for some of the delicious treats she offers at her own gluten-free bakery, Jennifer's Way, in New York. For anyone struggling with a chronic illness, Jennifer's Way is proof that you can find an answer to what is wrong with you, that you shouldn't stop until you find it, and that you can learn how to truly live again.

## Book Information

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## Customer Reviews

Vanity Fair, May 2014; Esposito offers straight talk in Jennifer's Way. Living Without's Gluten Free & More, June/July 2014; This is a story of hope; This book

is a page turner. Esposito is an inspiration. — Publishers Weekly, 5/5/14; [Esposito's] rags-to-riches story will keep readers turning pages; The second section of the book is a helpful guide to living with celiac disease, with tips on eating out and dating, as well as appealing recipes; Her story will no doubt appeal to her fans and others with chronic health issues. — Taste for Life, June 2014; This is award-winning actress Jennifer Esposito's story of how she took control and became a health advocate for herself and others. Part one shares her journey. In part two, Your Journey, she offers guidance, advice, recipes, and more to help you find your way. — New York Times Science Bestseller

Jennifer Esposito is the founder of The Jennifer's Way Foundation for Celiac Education (JWF) and Jennifer's Way gluten-free, dairy-free, soy-free, peanut-free, allergy-friendly, organic bakery in New York City. As an actress, Jennifer has starred in more than twenty films, including the Oscar-winning Crash, and TV shows including Blue Bloods, Samantha Who?, and Spin City. She lives in New York and can be reached online via [jennifersway.org](http://jennifersway.org) and @JennifersWayJE. Eve Adamson has written or cowritten more than fifty books, including Bethenny Frankel's recent bestsellers and Haylie Pomroy's The Fast Metabolism Diet. [EveAdamson.com](http://EveAdamson.com); @eveadamson

As a librarian (now retired), I have used for a very long time without ever having written a review. The contents of this book are worth becoming public with a review. Well written, well organized, thoughtful and packed with necessary information for those struggling with Celiac Disease, I plan to donate my copy to the public library so more people can read it. I was diagnosed with Celiac Disease over 20 years ago, and, as a librarian, spent countless hours searching for the answer to why I felt so awful. Jennifer has provided a way for all Celiacs and the gluten intolerant to find the information we need within the covers of one book. She does not recommend specific brands of gluten-free food (smart!) but does recommend websites (agree with all her choices, especially Gluten Dude) and a style of cooking that Celiacs and the gluten intolerant need to follow to stay well. Jennifer is very clear about not being a doctor but also pushes the reader to keep asking questions and to keep looking for medical personnel that understand Celiac disease (took me some years as well). A tool kit for health! Thank you Jennifer...

I loved this book and appreciated Jennifer sharing her journey. I am HLA B27 positive and have a disorder called Ankylosing Spondylitis which inflames the eyes, joints and digestive system. At times I laughed and cried because our autoimmune adventures/experiences were so similar:

compassionless caregivers, medical professionals who treat you as if you were crazy, years of tests, and drugs being the solution to everything, even while the "drug pushers" admit they have no clue as to what causes your illness and state there is no cure. Jennifer's humor and her message of hope, as well as her belief that "you can be anything you want to be," should be must reading for everyone, especially young women, and those of us who suffer with an autoimmune disorder.

I read this book while waiting for my blood work to come back on my test. A stomach biopsy showed damage. I am overwhelmed waiting to find out. And this book both scared me and comforted me. While I was scared by Jennifer's journey I was comforted by the solutions she offered at the end. Comforted that she shared her experiences so that I can try and avoid the bad ones she had. I am going to make my husband, adult daughter and business partner read the book. That way they can better support me. Jennifer, thank you for putting it all out there. That cannot have been easy, but in doing so, you helped so many people.

I agree with a few of the previous reviews here. If I had Jennifer's book when I was diagnosed this past year, it would have softened the emotional roller coaster and overwhelming beginnings of the Celiac journey. My thanks to Jennifer Esposito for having the compassionate heart and courage to share her story with us.

I thought this book was just another celebrity's biography or autobiography, but I was wrong. I also thought this book was just for celiacs, but I was wrong again. This book is a great insight into anyone's life that struggles. It informs you of different methods of struggle as well as encourages you how to pursue your problems and not give up. It not only gave me hope with my autoimmune diseases but it told how it is. Sometimes I sugarcoat it in my head, but this lights a fire under you so you become proactive. We have to be our own advocates because we are the only ones that know what we endure. Jennifer points this out and makes you face the reality of the hand you are dealt. Thank you.

If I had this book when I first got diagnosed with celiac, I would have saved myself an entire year of suffering that was wasted due to misinformation, uneducated doctors and people who were not compassionate or understanding. But, no, when I was diagnosed I was given a gift of some other books on the market about celiac. I read them, and cried and cried. And now that I'm more educated, I see how those books were misguided. They were not about healing, they were not

about living. They recommended things like eating corn and having dairy, all of which we now know is not the best thing for a celiac! I'm so thankful to Jennifer Esposito for sharing her story, opening her heart and teaching us all to live with this disease with love in our hearts and healing in our guts. If you have celiac--particularly if you are newly diagnosed --please buy this book and memorize it. Parents of celiacs too! Thank you!

I picked up Jennifer's Way, because I had heard the author speak at my school. Hearing her story, and the many struggles she went through dealing with a disease that was not really in the medical arena like it is today, was both frightening and inspiring. The author demonstrated that we all have it within us to fight for what we feel in our hearts is right. The section where the doctors put her in a psychiatric ward at the hospital because they felt she was going crazy. And, she felt like no-one was hearing her. To me, that was the saddest part. How awful it is to not be heard and validated. I am grateful that Jennifer listened to her intuition, to find her health again. She is so inspiring and a great role model to take all the crap that has been given you, and find the gift. Our gift, is her story, and I look forward to visiting her bakery some day in NY.

SHE TELLS HER STORY. THIS BOOK IS ONE OF THE BEST..... I READ IT ALL, NEVER HARDLY PUT IT DOWN. A LOT OF HER STORY IS LIKE MINE. I HAD TO LEARN ALMOST EVERY THING BY MYSELF. WISH I COULD HAVE READ THIS BOOK FIRST. MANY PEOPLE DON'T KNOW THEY HAVE IT. THEY ARE LIKE I WAS, JUST SICK AND DON'T KNOW WHY. I TESTED POSSITIVE FOR 4 DNA MARKERS ....0301 (HLA-DQ8) ...0505 (HLA-DQ2) ....0302 (HLA-DQ8) ....0301 (HLA-DQ3).MEANS MOM AND DAD BOTH HAD IT. I WENT GLUTEN FREE JUNE 1, 2010 WHEN I WAS 74 YEARS OLD. THANK GOD I AM MUCH BETTER NOW. NO CURE, JUST DON'T EAT GLUTEN, THATS WHAT YOU HAVE TO DO. HARD TO DO, I FOUND OUT THAT GLUTEN IS IN ALMOST EVERY THING. I HAVE TO COOK MY OWN FOOD. IT IS IN MEDS AND OTHER PRODUCTS. I DID NOT KNOW THAT I HAD CELIAC DISEASE, BEFORE JUNE 1,2010.

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