

How Gluten Sensitivity May Be Sabotaging Your Health And What You Can Do To Prevent It

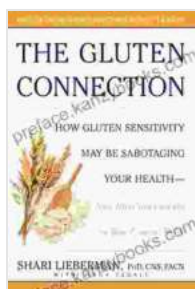


Gluten sensitivity is a common condition that can cause a variety of symptoms, including digestive problems, fatigue, and headaches. It is

estimated that 1 in 100 people have gluten sensitivity. If you think you may be gluten-sensitive, it is important to get tested and start a gluten-free diet.

What is gluten?

Gluten is a protein found in wheat, rye, and barley. It is what gives these grains their chewy texture. Gluten is also found in some processed foods, such as bread, pasta, and cereal.



The Gluten Connection: How Gluten Sensitivity May Be Sabotaging Your Health--And What You Can Do to Take Control Now by Shari Lieberman

★★★★☆ 4.4 out of 5

Language : English

File size : 982 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Word Wise : Enabled

Print length : 306 pages



What are the symptoms of gluten sensitivity?

The symptoms of gluten sensitivity can vary from person to person. Some of the most common symptoms include:

- Digestive problems, such as gas, bloating, and diarrhea
- Fatigue
- Headaches
- Skin problems, such as eczema and psoriasis

- Joint pain
- Weight loss
- Iron deficiency

How is gluten sensitivity diagnosed?

Gluten sensitivity can be diagnosed with a blood test or a biopsy of the small intestine. A blood test measures the levels of antibodies in your blood that are produced in response to gluten. A biopsy involves taking a small sample of tissue from the small intestine and examining it under a microscope. A biopsy is the most accurate way to diagnose gluten sensitivity.

How is gluten sensitivity treated?

The only treatment for gluten sensitivity is a gluten-free diet. A gluten-free diet involves avoiding all foods that contain gluten, including wheat, rye, and barley. It is important to read food labels carefully when following a gluten-free diet, as gluten can be hidden in processed foods.

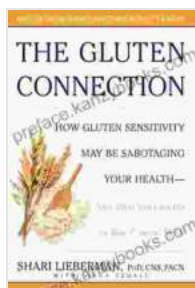
What are the benefits of a gluten-free diet?

A gluten-free diet can help to improve the symptoms of gluten sensitivity. Some of the benefits of a gluten-free diet include:

- Reduced digestive problems
- Increased energy levels
- Reduced headaches
- Improved skin health

- Reduced joint pain
- Weight gain
- Improved iron levels

If you think you may be gluten-sensitive, it is important to get tested and start a gluten-free diet. A gluten-free diet can help to improve your symptoms and prevent further damage to your health.



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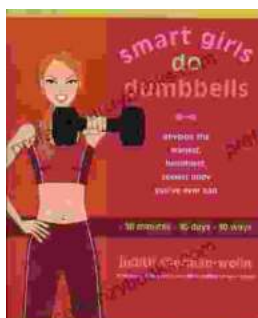
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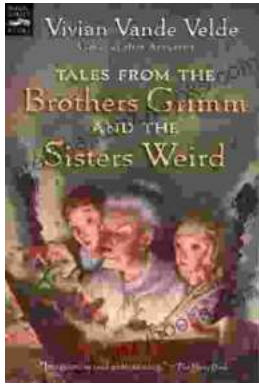
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