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Summary:

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Celiac Disease and Diet: The Beginner's Guide Summary: Celiac disease is managed with a gluten-free diet, which allows the small intestine to gradually heal and symptoms to resolve. Gluten can be hidden in many food sources and cross-contamination must be avoided. Gluten-Free Foods | Celiac Disease Foundation The most cost-effective and healthy way to follow the gluten-free diet is to seek out these naturally gluten-free food groups, which include: Fruits. Celiac Disease and Gluten-Free Diet Support - Celiac.com Celiac disease, also known as gluten intolerance, is a genetic disorder that affects at least 1 in 133 Americans. Symptoms of celiac disease can range from the classic features, such as diarrhea, weight loss, and malnutrition, to latent symptoms such as isolated nutrient deficiencies but no gastrointestinal symptoms.

What is Celiac Disease? | Celiac Disease Foundation Currently, the only treatment for celiac disease is lifelong adherence to a strict gluten-free diet. People living gluten-free must avoid foods with wheat, rye and barley, such as bread and beer. Ingesting small amounts of gluten, like crumbs from a cutting board or toaster, can trigger small intestine damage. Celiac Disease Diet, Symptoms, Causes, and Diagnosis Celiac disease is a condition in which there is inflammation of the small intestine due to exposure to gluten. Symptoms include bloating, diarrhea, and abdominal discomfort. The general treatment for celiac disease is a gluten free diet. Learn foods to avoid. Intro to the Gluten-Free Diet | BeyondCeliac.org The gluten-free diet is currently the only treatment for people with celiac disease. People living with non-celiac gluten sensitivity ('gluten sensitivity') also benefit from eating gluten-free. Since there are no pills or therapies available, the only way to manage celiac disease is through a strict, 100% gluten-free diet.

Gluten-free diet - Mayo Clinic The gluten-free diet is essential for managing the signs and symptoms of some medical conditions: Celiac disease is a condition in which gluten triggers immune system activity that damages the lining of the small intestine. Over time this damage prevents the absorption of nutrients from food. Celiac disease is an autoimmune disorder. Celiac Disease | NIDDK Celiac disease is a digestive disorder that damages the small intestine. People with celiac disease cannot eat gluten, a protein found in wheat, barley, and rye. The disease can cause long-term digestive problems and keep you from getting nutrients you need. Home - Coeliac UK Coeliac UK - the charity for people who need to live without gluten, due to coeliac disease or another medical condition. Visit our website for information on symptoms, diagnosis and managing the gluten free diet: www.coeliac.org.uk.

Celiac Disease: Symptoms, Causes, Diagnosis ... - WebMD A lot of people eat a gluten-free diet. For people with celiac disease, it's a must. About 3 million Americans have celiac disease, an autoimmune disorder that's triggered when they eat gluten.

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