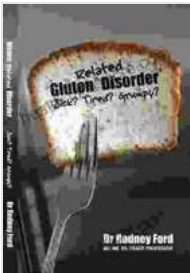


# Gluten Related Disorder: Sick, Tired, and Grumpy? Uncover the Hidden Truth

Do you constantly feel sick, tired, and grumpy? It could be a sign of a gluten-related disorder. Gluten is a protein found in wheat, rye, and barley. For some people, eating gluten can trigger an immune response that damages the small intestine. This can lead to a variety of symptoms, including:



## Gluten Related Disorder. Sick? Tired? Grumpy?: We are all at risk from gluten: any person, any symptom, any time by Rodney Ford

★★★★★ 5 out of 5

Language	: English
File size	: 2443 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 198 pages
Lending	: Enabled



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

- Joint pain
- Iron deficiency anemia
- Weight loss

If you think you may have a gluten-related disorder, it's important to see your doctor. Your doctor will perform a physical exam and ask you about your symptoms. They may also order blood tests and biopsy of the small intestine to confirm a diagnosis.

There is no cure for gluten-related disorders, but they can be managed by following a gluten-free diet. A gluten-free diet means avoiding all foods that contain wheat, rye, and barley. This includes bread, pasta, cereals, cookies, cakes, and crackers. It also includes many processed foods, such as soups, sauces, and salad dressings. Following a gluten-free diet can be challenging, but it's the only way to manage the symptoms of a gluten-related disorder.

If you have a gluten-related disorder, it's important to work with a registered dietitian to create a gluten-free diet that meets your individual needs. A registered dietitian can also help you find gluten-free substitutes for your favorite foods.

In addition to following a gluten-free diet, there are other things you can do to manage the symptoms of a gluten-related disorder. These include:

- Getting regular exercise
- Eating a healthy diet
- Getting enough sleep

- Managing stress

Following these tips can help you improve your overall health and well-being if you have a gluten-related disorder.

## **Celiac Disease**

Celiac disease is the most common gluten-related disorder. It is an autoimmune disease that affects about 1% of the population. Celiac disease is caused by a reaction to gluten that damages the small intestine. This damage can lead to a variety of symptoms, including:

- Digestive problems, such as diarrhea, constipation, gas, and bloating
- Fatigue
- Headaches
- Mood swings
- Skin problems, such as eczema and psoriasis
- Joint pain
- Iron deficiency anemia
- Weight loss

Celiac disease can be diagnosed with a blood test and a biopsy of the small intestine. Treatment for celiac disease is a lifelong gluten-free diet.

## **Non-Celiac Gluten Sensitivity**

Non-celiac gluten sensitivity (NCGS) is a condition that causes symptoms similar to celiac disease, but without the damage to the small intestine.

NCGS is thought to affect about 6% of the population. The symptoms of NCGS can include:

- Digestive problems, such as diarrhea, constipation, gas, and bloating
- Fatigue
- Headaches
- Mood swings
- Skin problems, such as eczema and psoriasis
- Joint pain
- Iron deficiency anemia
- Weight loss

NCGS can be diagnosed with a blood test and a gluten challenge. Treatment for NCGS is a gluten-free diet.

## **Gluten Intolerance**

Gluten intolerance is a condition that causes symptoms similar to celiac disease and NCGS, but it is not caused by an immune reaction to gluten. Gluten intolerance is thought to be caused by a deficiency of the enzyme that breaks down gluten. The symptoms of gluten intolerance can include:

- Digestive problems, such as diarrhea, constipation, gas, and bloating
- Fatigue
- Headaches
- Mood swings

- Skin problems, such as eczema and psoriasis
- Joint pain
- Iron deficiency anemia
- Weight loss

Gluten intolerance can be diagnosed with a blood test and a gluten challenge. Treatment for gluten intolerance is a gluten-free diet.

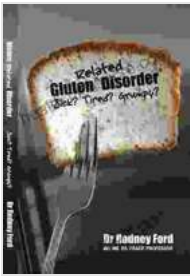
## **Gluten Allergy**

Gluten allergy is a rare condition that causes an allergic reaction to gluten. The symptoms of gluten allergy can include:

- Hives
- Swelling of the face, lips, tongue, and throat
- Difficulty breathing
- Anaphylaxis

Gluten allergy can be diagnosed with a blood test and a skin prick test. Treatment for gluten allergy is avoiding all foods that contain gluten.

Gluten-related disorders are a group of conditions that can cause a variety of symptoms, including digestive problems, fatigue, headaches, mood swings, and skin problems. If you think you may have a gluten-related disorder, it's important to see your doctor for a diagnosis. Treatment for gluten-related disorders is a gluten-free diet.



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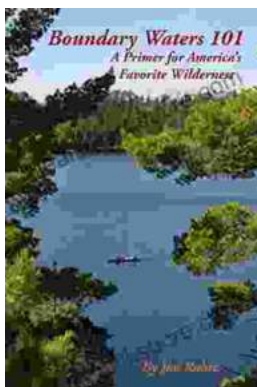
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