



# Balanced Integration, LLC

## Going Gluten Free

### Gluten:

- It is contained in Wheat, Rye, Barley, Oats and Spelt

### Common Symptoms: Some People have no symptoms AT ALL

1. Digestive issues such as gas, bloating, diarrhea and even constipation. I see the constipation particularly in children after eating gluten.
2. Skin Issues: Keratosis Pilaris, (also known as 'chicken skin' on the back of your arms). This tends to be as a result of a fatty acid deficiency and vitamin A deficiency secondary to fat-malabsorption caused by gluten damaging the gut. Dermatitis herpetiformis (DH) has been associated with gluten sensitivity. It is characterized by an intensely itchy, chronic rash that usually can be found primarily on elbows, knees, buttocks, back, and back of neck.
3. Fatigue, brain fog or feeling tired after eating a meal that contains gluten.
4. Diagnosis of an autoimmune disease such as Hashimoto's thyroiditis, Rheumatoid arthritis, Ulcerative colitis, Lupus, Psoriasis, Scleroderma or Multiple sclerosis.
5. Neurologic symptoms such as dizziness or a feeling of being off balance.
6. Hormone imbalances such as PMS, PCOS or unexplained infertility.
7. Delayed Growth: A slow rate of growth is defined as poor or abnormally slow height or weight gains, more specifically in children. Many children with delayed growth also have delays in mental development. This often occurs in children who have celiac disease as a result of malabsorption, the failure to properly absorb necessary nutrition, and provide the body with its needed nutrients for development.

**8. Migraine headaches.** Headaches are a symptom of a number of different conditions of the head and sometimes neck. It is among the most common pain complaints. Like other types of pain, headaches can serve as warning signals of more serious disorders. If headaches occur three or more times a month one should seek a doctor or medical professional for assistance immediately.

**9. Diagnosis of chronic fatigue or fibromyalgia.** These diagnoses simply indicate your conventional doctor cannot pin point the cause of your fatigue or pain.

**10. Pale Mouth Sores:** Various types of sores can appear anywhere within the mouth, including the inner cheeks, gums, tongue, lips, or palate. They can have many causes. Mouth Sores can be a sign of a more serious medical conditions including but not limited to celiac disease.

**11. Inflammation, swelling or pain in your joints** such as fingers, knees or hips. Or, tingling and numbness in your extremities.

**12. Discolored teeth** can be a symptom of celiac disease among other possible health issues. This symptom manifests as white, yellow, or brown spots on the front and back teeth (incisors and molars). Tooth defects resulting from celiac disease are permanent and do not improve once a diagnosed patient adopts a gluten-free diet.

**13. Poor weight gain** is the inability to gain weight at a normal rate. Malnutrition is one of the sources of this symptom. If poor weight gain is observed even though a proper diet is being maintained then complication caused by celiac disease could be possible explanation.

**14. Thin Bones** are the thinning of bone tissue and loss of bone density over time. This occurs when enough new bone is not formed, when too much old bone is reabsorbed by the body, or both. There are no symptoms in the early stages of the disease. Symptoms occurring late in the disease include, bone pain or tenderness, fractures with little or no trauma, unexplained loss of height, low back pain, neck pain and stooped posture.

**15.** Mood issues such as anxiety, depression, mood swings, irritability, and ADD. Irritability can also be described as crankiness and is defined as excessive feelings of annoyance or frustration. Irritability is one of the most common symptoms in children.

**Resources:**

<http://www.celiaccentral.org/gettingstarted/>

<http://www.mindbodygreen.com/0-7482/10-signs-youre-gluten-intolerant.html>