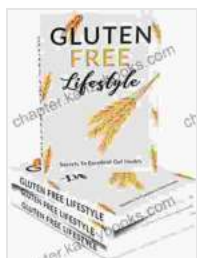


# The Best Diet for Celiac Disease, Gluten Intolerance, or Simply for Better Health



## Gluten Free Lifestyle: The Best Diet For Celiac Disease, Gluten Intolerance, Or Simply For A Better Health!

by Nancy Bevilaqua

★★★★☆ 4.5 out of 5

Language : English  
File size : 2755 KB  
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Screen Reader : Supported  
Enhanced typesetting : Enabled  
X-Ray : Enabled  
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Print length : 80 pages  
Lending : Enabled  
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## What is Celiac Disease?

Celiac disease is an autoimmune disorder that damages the small intestine when gluten is eaten. Gluten is a protein found in wheat, rye, and barley. When someone with celiac disease eats gluten, their immune system attacks the small intestine, causing inflammation and damage. This damage can lead to a variety of symptoms, including:

\* Abdominal pain \* Diarrhea \* Constipation \* Bloating \* Gas \* Weight loss \* Fatigue \* Anemia \* Infertility \* Neurological problems

## What is Gluten Intolerance?

Gluten intolerance is a condition in which someone experiences symptoms similar to celiac disease after eating gluten, but they do not have the autoimmune response that is characteristic of celiac disease. Symptoms of gluten intolerance can include:

\* Abdominal pain \* Diarrhea \* Constipation \* Bloating \* Gas \* Weight loss \* Fatigue \* Headaches \* Skin rashes

## **The Gluten-Free Diet**

The gluten-free diet is the only way to manage celiac disease and gluten intolerance. The gluten-free diet involves avoiding all foods that contain gluten, including:

\* Wheat \* Rye \* Barley \* Triticale \* Malt \* Brewer's yeast \* Some processed foods

The gluten-free diet can be challenging to follow, but it is essential for people with celiac disease and gluten intolerance. There are a variety of gluten-free foods available, including:

\* Fruits \* Vegetables \* Meat \* Fish \* Poultry \* Rice \* Potatoes \* Quinoa \* Amaranth \* Buckwheat \* Gluten-free bread and pasta

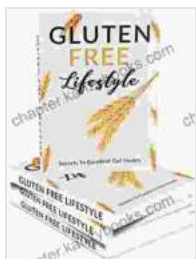
## **The Best Diet for Celiac Disease, Gluten Intolerance, or Simply for Better Health**

The best diet for celiac disease, gluten intolerance, or simply for better health is a diet that is:

\* Nutrient-rich \* High in fiber \* Low in processed foods \* Gluten-free

This type of diet can help to improve overall health and well-being, and it can also help to reduce the risk of developing chronic diseases, such as heart disease, stroke, and type 2 diabetes.

If you have celiac disease or gluten intolerance, it is essential to follow a gluten-free diet. The gluten-free diet can be challenging to follow, but it is the only way to manage these conditions. There are a variety of gluten-free foods available, and with careful planning, you can create a healthy and satisfying gluten-free diet.



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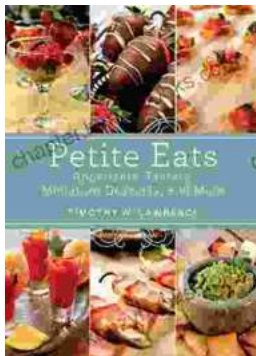
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