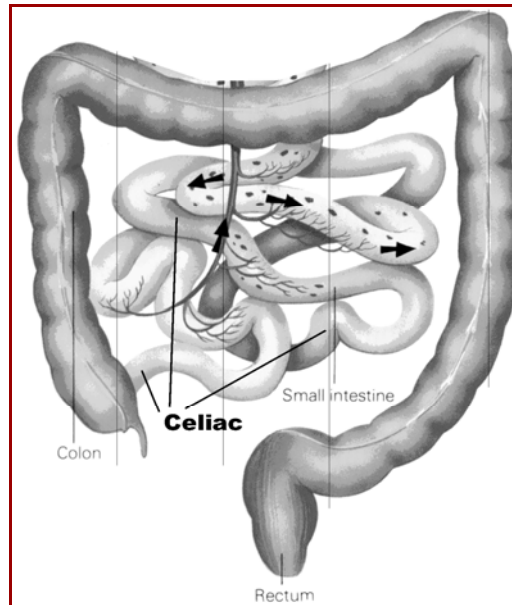


~ A Healthier You ~

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## Celiac Disease

Celiac is a (autoimmune) disease that damages the digestive tract, thereby interfering with the body's ability to absorb nutrients from the food we take in. It is evidentially triggered by consuming gluten, which is a protein found primarily in wheat, rye and barley. The main sources are breads, pasta, cereals and other baked goods. But it may also be found in couscous, semolina and orzo, as well as ice cream cones, waffles, processed meats, frozen vegetables, soy sauce, canned soups and beer and ale.

Recent studies show that the prevalence of Celiac disease could be as high as 1 in every 133 Americans or up to 2 million of us nationwide. It effects all ages and twice as many women as men. Dr. Alessio Fasano, director of the Center for Celiac Research at the University of Maryland School of Medicine, says, "This is just the tip of the iceberg. In a few years, we'll see that the incidence of this (disease) will be much higher than diabetes or Chron's disease."

([www.womansday.com](http://www.womansday.com)).

The myriad of symptoms could include; migraines, sinus infections, thyroid disease, itchy skin (dermatitis herpetiformis-DH), which doesn't respond to topical treatments or medications, osteoporosis, bloating, abdominal pressure, vision problems, depression and neurological problems, type 1 diabetes, anemia, infertility, lupus, non-Hodgkin's lymphoma, and rheumatoid arthritis.

For most people, a few months on a gluten-free diet brings measurable changes to the way they feel and to their small intestine. But, is this healing the intestines, or is it just placating the problem?

It might be a good idea to try to heal the intestines. Recent research shows - over consumption of carbohydrates can actually damage the important villi of our intestines, making it impossible for healthy digestion and the dissemination of nutrients through out the system. Healing the intestines is a long procedure, and takes complete dedication to the process. One would naturally start by making changes in the food consumed by switching to a healthy 'no gluten' diet. Taking digestive enzymes would be another good choice as would be probiotics.