

Types of gluten intolerance

Celiac Disease

Definition

Autoimmune disorder; eating gluten damages the small intestine

Symptoms

Diarrhea, bloating, abdominal pain, weight loss

Treatment

Eliminate all gluten from diet

Gluten Sensitivity

Definition

Intolerance to gluten without damage to the small intestine

Symptoms

Diarrhea, bloating, abdominal pain, brain fog, headache

Treatment

Eliminate gluten from diet

Wheat Allergy

Definition

Immune response to one or more proteins found in wheat

Symptoms

Diarrhea, bloating, abdominal pain, nausea, vomiting, rash, itchy eyes, itchy throat, trouble breathing

Treatment

Eliminate wheat from diet

