

## ARE YOU GLUTEN INTOLERANT?

Here are some possible symptoms:

Abdominal pain and distention

Acid reflux

Bloating

Constipation

Diarrhea

Gas and flatulence

Greasy, floating stools

Nausea

Vomiting

Weight loss or weight gain

Cramps, tingling and numbness

Fatigue and weakness (due to iron-deficiency anemia)

Nutritional deficiencies due to malabsorption,

Headaches (including migraines)

Joint/bone pain

Depression

Irritability, listlessness, and mood disorders

"Fuzzy brain" or an inability to concentrate

Infertility and/or miscarriage

Abnormal menstrual cycles

Dental enamel deficiencies and irregularities

Seizures Exhaustion

Clumsiness (ataxia)

Slow infant and child growth

Nerve damage (peripheral neuropathy)

Respiratory problems

Canker sores (aphthous ulcers)

Lactose intolerance

Eczema/Psoriasis

Rosacea (a skin disorder)

Acne

Hashimoto's disease

Sjögren's syndrome

Lupus erythematosus, and other autoimmune disorders

Early onset osteoporosis

Hair loss (alopecia)

Bruising easily

Low blood sugar (hypoglycemia)

Muscle cramping

Nosebleeds

Swelling and inflammation

Night blindness

Gluten Intolerance affects an estimated 15% of the population

About 90% of people with gluten intolerances are currently undiagnosed

Follow us on Facebook [www.facebook.com/EdibleHarmony](http://www.facebook.com/EdibleHarmony)

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