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

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