

## What is Celiac Disease?

Gluten is a protein found in all forms of wheat, rye, oats, barley, graham and some other grains. When people with celiac disease eat these grains, an immune response is triggered, causing damage to the small intestine. This interferes with the small intestine's ability to absorb nutrients from the food.

There are over 300 symptoms of celiac disease. Type and severity may be related to how much damage has been done to the intestines, or how long the disease has been present. Common symptoms include:

- Abdominal cramping and/or bloating
- Constipation
- Diarrhea
- Fatigue
- Migraine-like headaches
- Muscle cramping
- Very dry skin
- Depression
- Inability to concentrate

The best management for this disease is to follow a gluten-free diet. There are many products available now that make following the diet relatively easy. Trusted brands include [Kinnikinnick](#), [Namaste Foods](#), [Gluten Free Pantry](#) and [Enjoy Life](#).

For more information about Celiac Disease, visit the [Celiac Sprue Association](#) website.