

Making Everything Easier!™

2nd Edition

# Living Gluten-Free FOR DUMMIES®

## Learn to:

- Decide whether adopting a gluten-free lifestyle is the right choice for you
- Recognize medical conditions that benefit from a gluten-free diet
- Decipher food labels and make smart choices when eating out
- Live a healthy, happy, gluten-free lifestyle

## Danna Korn

Leading authority on the gluten-free diet and  
co-author of *Gluten-Free Cooking For Dummies*



Making Everything Easier!™

2nd Edition

# Living Gluten-Free FOR DUMMIES®

## Learn to:

- Decide whether adopting a gluten-free lifestyle is the right choice for you
- Recognize medical conditions that benefit from a gluten-free diet
- Decipher food labels and make smart choices when eating out
- Live a healthy, happy, gluten-free lifestyle

## Danna Korn

Leading authority on the gluten-free diet and  
co-author of *Gluten-Free Cooking For Dummies*



# Living Gluten-Free For Dummies<sup>®</sup>, 2nd Edition

## Table of Contents

### [Introduction](#)

[About This Book](#)

[Conventions Used in This Book](#)

[What You're Not to Read](#)

[Foolish Assumptions](#)

[How This Book Is Organized](#)

[Part I: Going Gluten-Free: Who, What, Why,  
and How](#)

[Part II: Planning and Preparing: The Preludes  
to Cooking](#)

[Part III: From Menus to Meals: Recipes for the  
Gluten-Free Gastronome](#)

[Part IV: Living — and Loving — the Gluten-  
Free Lifestyle 24/7](#)

[Part V: The Part of Tens](#)

[Icons Used in This Book](#)

[Where to Go from Here](#)

### [Part I: Going Gluten-Free: Who, What, Why, and How](#)

[Chapter 1: Gluten-Free from A to Z: The Basics of  
Being Gluten-Free](#)

What Is Gluten, Anyway, and Where Is It?  
But I Thought Wheat Was Good for Me!  
Discovering the Benefits of a Gluten-Free Lifestyle

Eating isn't supposed to hurt  
Making nutrition your mission: Head-to-toe health benefits

Mastering the Meals

Planning and preparing  
Shopping shrewdly  
Considering your kitchen  
Cooking outside the recipe box

Getting Excited about the Gluten-Free Lifestyle

"A" is for adapting your perspective on food  
Savoring gluten-free flavors  
Getting out and about  
Raising kids to love the lifestyle  
Setting realistic expectations  
Arming yourself with good information

Chapter 2: Going Gluten-Free: Who's Doing It and Why

Shedding Light on the Gluten-Sensitivity Spectrum

[At one end: Allergies](#)  
[Somewhere in the middle: Gluten sensitivity and intolerance](#)  
[Crossing the line: Celiac disease](#)  
[Autism and behavioral disorders](#)

## [Identifying Symptoms of Gluten Sensitivity and Celiac Disease](#)

[Going for the gut: Gastrointestinal symptoms](#)  
[Identifying nongastrointestinal symptoms](#)  
[Spotting symptoms in kids](#)  
[Discovering misdiagnoses and the missed diagnoses](#)

## [Getting Tested for Gluten Sensitivity and Celiac Disease](#)

[Blood tests](#)  
[Biopsies](#)  
[Stool tests](#)  
[Genetic tests](#)  
[Interpreting your test results](#)  
[I've tested positive! Now what?](#)

## [Considering the Risks If You Don't Give Up Gluten](#)

[Looking at associated conditions](#)  
[Living with compromised health](#)

## [Healing Begins on Day One](#)

## Chapter 3: A Closer Look at Celiac Disease

Exposing One of the Most Common Genetic Diseases of Mankind  
Pinpointing Who Develops Celiac Disease and Why

It's in the genes  
Triggering celiac disease: What turns it on

Understanding Celiac Disease and What It Does to the Body

How your guts are supposed to work  
How your guts work with celiac disease

Paving the way for treatment options  
Scratching the Surface of Dermatitis Herpetiformis

## Chapter 4: Connecting Gluten with Autism, Behavior, and Mood

Blaming the Bread: How Gluten Affects Behavior

Why food affects mood  
The gut-brain connection

The Possible Relationship Between Autism and Gluten Sensitivity

[Exploring dietary treatment for autism: gluten-free/casein-free](#)

[Explaining the Opioid Excess Theory of Autism](#)

[Taking a urine test](#)

[More Potential Benefits for Going Gluten-free/Casein-free](#)

[Rethinking “reading, writing, and Ritalin”  
Diminishing depression and other mood disorders](#)

[Chapter 5: Grasping the Ground Rules of the Gluten-Free Diet](#)

[When in Doubt, Leave It Out](#)

[Defining Gluten So You Can Avoid It](#)

[Recognizing Gluten-Free Foods at a Glance](#)

[Forbidden grains](#)

[Grains and starches you can safely eat](#)

[Other foods that are usually gluten-free](#)

[Foods that usually contain gluten](#)

[Exploring Alternative Grains and Superfoods](#)

[Amaranth](#)

[Arrowroot](#)

[Buckwheat \(soba\)](#)

[Mesquite \(pinole\)](#)

[Millet](#)

[Montina \(Indian ricegrass\)](#)

[Quinoa \(hie\)](#)

[Sorghum \(milo, jowar, jowari, cholam\)](#)

[Teff \(tef\)](#)

## [Checking Up on Questionable Ingredients](#)

[Knowing which foods to research](#)

[Putting an end to the controversy over certain foods](#)

## [The Buzz on Booze: Choosing Alcoholic Beverages](#)

[Booze you can use](#)

[Step away from the bottle](#)

## [Making Sure Your Medications and Supplements Are Safe](#)

[Using Nonfood Products: What You Need to Know](#)

[Makeup matters](#)

[Lotions and potions](#)

[Dental products](#)

## [Chapter 6: Making Sure It's Gluten-Free: Digging a Little Deeper](#)

[Gluten-Free Ambiguously: Why It Isn't So Straightforward](#)

[Loose labeling terminology](#)

["Gluten-free" may not mean 100 percent](#)

[Contamination risks](#)  
[Mysterious ingredient sources](#)

[Defining Safe Amounts of Gluten](#)  
[Testing for Gluten in Foods](#)  
[Deciphering Label Lingo](#)

[Reading Glutenese: Knowing what to look for](#)  
[Avoiding tempting marketing come-ons](#)

[Checking with Food Manufacturers](#)

[Interpreting company responses](#)  
[Getting the most out of your calls to manufacturers](#)  
[Getting product listings from a company](#)

[Searching for Information: The Good, the Bad, and the Completely Ludicrous](#)

[The Internet, for better and for worse](#)  
[Magazines and newsletters](#)  
[Books](#)  
[Support groups](#)

[Chapter 7: Gluten-Free . . . Nutritiously](#)

[Appreciating Your Food](#)  
[Good Carbs, Bad Carbs: Tuning In to the Glycemic Index and Glycemic Load](#)

[Perusing the glycemic index \(GI\)](#)

[Hauling the glycemic load \(GL\)](#)  
[What do blood-sugar levels have to do with anything?](#)  
[The high cost of high insulin](#)

[Taking a Healthful Approach to Gluten-Free Living](#)

[Dining with cavemen: The Paleolithic diet](#)  
[Comparing caveman-style to low-carb diets](#)  
[Reviewing the more healthful approach](#)

[Being Healthy, Stealthy, and Wise](#)

[Avoiding nutritional pitfalls on the gluten-free diet](#)  
[Getting the fiber you need on a gluten-free diet](#)  
[The whole truth \(and nothing but\) about whole grains](#)

[Winning the Weight Wars](#)

[Losing weight on the gluten-free diet](#)  
[Gaining weight on the gluten-free diet](#)

[Gaining an Athletic Advantage by Being Gluten-Free](#)

[Part II: Planning and Preparing: The Preludes to Cooking](#)

## Chapter 8: Creating a Gluten-Free-Friendly Kitchen

### Sharing the Kitchen with Gluten

Avoiding cross-contamination

Storing foods separately for convenience

### Taking Inventory of the Pantry and Fridge

Specialty ingredients to stock

Mixes to have on hand

Specialty premade products to consider

## Chapter 9: Shopping Is Easier Than You Think

### Knowing What You Want

Planning your meals

Making lists

### Deciding What to Buy

Checking out gluten-free specialty products

Remembering naturally gluten-free foods

Asking for opinions

### Deciding Where to Shop

“Regular” grocery stores

Natural foods stores

Farmers’ markets

[Ethnic markets](#)  
[Gluten-free retail stores](#)  
[Web sites and catalogs](#)

## [Navigating the Aisles](#)

[Perusing the perimeter](#)  
[Sorting through the health food aisle](#)

## [Living Gluten-Free — Affordably](#)

[Scaling back on specialties](#)  
[Saving on shipping](#)  
[Going generic](#)  
[Eating nutritiously](#)  
[Eating in](#)  
[Using gluten-free mixes](#)

## [Chapter 10: Cooking: Tips and Techniques](#)

### [Creatively Gluten-Free: Improvising in the Kitchen](#)

[Adapting any dish to be gluten-free](#)  
[Avoiding cross-contamination when cooking](#)  
[Using standby substitutions](#)

### [Cooking with Wheat Alternatives](#)

[Incorporating alternative gluten-free grains](#)

[Thickening with gluten-free starches and flours](#)  
[Cutting out casein, too](#)

## [Trying Your Hand at Gluten-Free Baking](#)

[Mixing it up with mixes](#)  
[Introducing xanthan gum: The star of the dough](#)  
[Substituting gluten-free flours](#)  
[Making your own gluten-free flour mixtures](#)  
[Baking bread the gluten-free way](#)

## [Part III: From Menus to Meals: Recipes for the Gluten-Free Gastronome](#)

### [Chapter 11: Beginning with Breakfast](#)

#### [Getting Your Day Off to a Gluten-Free Start](#)

[Grab 'n go starters](#)  
[Power-start your gluten-free day with protein](#)

[The Incredible, Edible Egg](#)  
[Smoothies for Starters](#)  
[Wake Up and Smell the Coffee Cake: Hot Breakfast Ideas](#)

### [Chapter 12: Appetizers with Attitude](#)

#### [Fashioning Finger-Lickin'-Good Finger Foods](#)

Digging into Dips and Dippers  
Going Wild with Wraps

Rice rolls  
Exploring lettuce wraps

## Chapter 13: Sensational Soups, Salads, and Sides

Sipping Soups and Chowing Down on Chowders

Making Strides with Salads and Sides

Serving salads with green, leafy stuff  
Dressing it up with dressings  
Finishing off your salad with some fixin's  
Getting creative with croutons

Move Over, Mashed Potatoes: Considering New Sides

## Chapter 14: Enticing Entrées

Making Poultry with Pizzazz  
Eating Meat

Buying beef  
Cooking with pork

Diving into Seafood  
Exploring Vegetarian Entrées

## Chapter 15: Enjoying International Cuisine

[Making Mexican Gluten-Free](#)  
[Cooking Gluten-Free with an Asian Persuasion](#)  
[Gluten-free Goes Global](#)

[Chapter 16: Pizza, Pasta, and Bread: Foods You Thought Were a Thing of the Past](#)

[Pizza with Pizzazz](#)

[Crust: The pizza foundation](#)

[Pizza sauces](#)

[Pizzas beyond cheese and pepperoni](#)

[No More Pining for Pasta](#)

[Making Bread](#)

[Chapter 17: Getting Your Just Desserts](#)

[Daring to Be Decadent: Gluten-Free](#)

[Indulgences](#)

[Making Sweet Stuff to Pack 'n' Snack On](#)

[Being Sensible: Sweets for the Health-](#)

[Conscious](#)

[Part IV: Living — and Loving — the Gluten-Free Lifestyle 24/7](#)

[Chapter 18: Getting Out and About: Eating Away from Home](#)

[The Golden Rules of Going Out Gluten-Free](#)

Don't expect others to accommodate your diet

Ask what's for dinner

Fill 'er up before you go

BYOF: Bring your own food

Bite your tongue when they make a mistake

Enjoy the company

## Dining Out: Restaurant Realities and Rewards

Choosing the restaurant

Calling ahead

Making smart menu choices

Talking with the staff: Ask and ye shall receive

Having restaurants cook the food you bring

Remembering the art of healthy tipping

## The Incredible, Edible Journey: It's Travel Time!

Researching your destination

Sprechen sie gluten? Speaking gluten-free in other countries

Choosing gluten-free-friendly accommodations

Packing your own provisions

Getting there

## Chapter 19: Raising Happy, Healthy, Gluten-Free Kids

### Forging through the Feelings

“My child’s life is changed forever”

“I don’t want her to feel different”

“Will he turn out okay?”

“This is harder for me than it is for her”

Focusing on the good stuff

### Talking to Your Kids about Being Gluten-Free

Including the whole family

Keeping the discussion upbeat

Explaining the new lifestyle

Reinforcing the idea that gluten makes your child feel icky

Handling your child’s reaction

Helping your kids talk to others about the diet

### Deciding Whether the Whole Family Should Be Gluten-Free

The pros

The cons

Middle ground

What about babies?

### Giving Your Child Control of the Diet

Working together to make good choices

[Trusting kids when you're not there](#)

[Hitting the Road with the Gluten-Free Gang,  
Leaving Your Gluten-Free Kids in the Care of  
Others](#)

[Trusting your kids with friends, family,  
and sitters](#)

[Sending your children to school](#)

[Guiding Your Gluten-Free Teens](#)

[Noticing changing symptoms](#)

[Understanding why teens may cheat on  
the diet](#)

[Helping teens after they move out](#)

[Chapter 20: Beating the Blues: Overcoming  
Emotional Obstacles](#)

[Recognizing Common Emotional Struggles](#)

[Sheer shock and panic](#)

[Anger and frustration](#)

[Grief and despair](#)

[Loss and deprivation](#)

[Sadness and depression](#)

[Dealing with Denial](#)

[When you're the one in denial](#)

[When others are in denial](#)

## Getting Back on Track When You're Feeling Derailed

Regaining control

Getting beyond big words with heavy implications

Focusing on what you can eat

Deflecting the temptation to be annoyed or offended

Faking optimism

Spreading attitudes — they're contagious

Redefining Who You Are

Resisting the Temptation to Cheat

Realizing why you want to cheat

Assessing the consequences

Overcoming the temptation

## Part V: The Part of Tens

### Chapter 21: Ten Benefits of Being Gluten-Free

You Know How to Improve Your Health

If You Have Problems with Gluten, Your Health Improves Right Away

Going Gluten-free May Help with Autism, ADD, and ADHD

If You Don't Have Celiac Disease and You're Not Eating Gluten, You'll Never Develop It

You May Decrease the Chances of Developing Associated Autoimmune Diseases

You May Be Turning Back the Clock

Symptoms of Menopause May Decrease  
Your Weight Can Be Easier to Manage  
You're More Aware of Nutrition  
Blood-Sugar Levels May Be More Stable

## Chapter 22: Ten Tips to Help You (or Your Child) Love the Gluten-Free Lifestyle

Focus on What You Can Eat  
Expand Your Culinary Horizons with  
Adventuresome Alternatives  
Enjoy Ethnic Fare  
Control the Diet  
Eat to Live, Don't Live to Eat  
Remember: You're Different. So What?  
Go Ahead — Enjoy a (Gluten-Free) Splurge  
Tune In to the Benefits  
Turn away from Temptation  
Deal with It; Don't Dwell on It

## Chapter 23: Ten Lame Excuses Not to Go Gluten- Free

"I'm too fat to have celiac disease or gluten  
sensitivity."  
"I don't have the symptoms of gluten  
sensitivity or celiac disease."  
"I don't want to be deprived of important  
nutrients."  
"I don't want to give up (insert favorite  
gluten-containing food)."

“My problem isn’t with gluten. I just don’t do well with pasta and beer.”

“Pizza makes me feel bad; I must have lactose intolerance.”

“I have irritable bowel syndrome, and my doctor said diet doesn’t affect it.”

“I had celiac disease as a kid, but I outgrew it.”

“I was tested for celiac disease, and I was negative.”

“I don’t have the genes for celiac disease.”



Wiley Publishing, Inc.

# by Danna Korn

Foreword by Alessio Fasano, MD

## **Living Gluten-Free For Dummies®**, 2nd Edition

Published by **Wiley Publishing, Inc.** 111 River  
St. Hoboken, NJ 07030-5774 [www.wiley.com](http://www.wiley.com)

Copyright © 2010 by Wiley Publishing, Inc., Indianapolis,  
Indiana

Published by Wiley Publishing, Inc., Indianapolis, Indiana

Published simultaneously in Canada

No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, scanning, or otherwise, except as permitted under Sections 107 or 108 of the 1976 United States Copyright Act, without either the prior written permission of the Publisher, or authorization through payment of the appropriate per-copy fee to the Copyright Clearance Center, 222 Rosewood Drive, Danvers, MA 01923, (978) 750-8400, fax (978) 646-8600. Requests to the Publisher for permission should be addressed to the Permissions Department, John & Sons, Inc., 111 River Street, Hoboken, NJ 07030, (201) 748-6011, fax (201) 748-6008, or online at <http://www.wiley.com/go/permissions>.

Trademarks: Wiley, the Wiley Publishing logo, For Dummies, the Dummies Man logo, A Reference for the Rest of Us!, The Dummies Way, Dummies Daily, The Fun and Easy Way, Dummies.com, Making Everything Easier, and related trade dress are trademarks or registered trademarks of John Wiley & Sons, Inc., and/or its affiliates in the United States and other countries, and may not be used without written permission. All other trademarks are the property of their respective owners. Wiley Publishing, Inc., is not associated with any product or vendor mentioned in this book.

Limit of Liability/Disclaimer of Warranty: The publisher and the author make no representations or warranties with respect to the accuracy or completeness of the contents of this work and specifically disclaim all warranties, including without limitation warranties of fitness for a particular purpose. No warranty may be created or extended by sales or promotional materials. The advice and strategies contained herein may not be suitable for every situation. This work is sold with the understanding that the publisher is not engaged in rendering legal, accounting, or other professional services. If professional assistance is required, the services of a competent professional person should be sought. Neither the publisher nor the author shall be liable for damages arising herefrom. The fact that an organization or Website is referred to in this work as a citation and/or a potential source of further information does not mean that the author or the publisher endorses the information the organization or Website may provide or recommendations it may make. Further, readers should be aware that Internet Websites listed in this work may have changed or disappeared between when this work was written and when it is read. Some of the exercises and dietary suggestions contained in this work

may not be appropriate for all individuals, and readers should consult with a physician before commencing any exercise or dietary program.

For general information on our other products and services, please contact our Customer Care Department within the U.S. at 877-762-2974, outside the U.S. at 317-572-3993, or fax 317-572-4002.

For technical support, please visit [www.wiley.com/techsupport](http://www.wiley.com/techsupport).

Wiley also publishes its books in a variety of electronic formats. Some content that appears in print may not be available in electronic books.

Library of Congress Control Number: 2010926830

ISBN: 978-0-470-58589-4

Manufactured in the United States of America

10 9 8 7 6 5 4 3 2 1

## **About the Author**

Danna Korn is also the author of *Gluten-Free Cooking For Dummies*, *Wheat-Free, Worry-Free: The Art of Happy, Healthy, Gluten-Free Living* and *Kids with Celiac Disease: A Family Guide to Raising Happy, Healthy Gluten-Free Children*. Respected as one of the leading authorities on the gluten-free diet and the medical conditions that benefit from it, she speaks frequently to health care professionals, celiacs, parents of celiacs, parents of autistic kids involved in a gluten-free/casein-free dietary

intervention program, and others on or considering a gluten-free diet. She has been invited twice to be a presenter at the International Symposium on Celiac Disease.

Danna has been researching celiac disease since her son, Tyler, was diagnosed with the condition in 1991. That same year, she founded R.O.C.K. (Raising Our Celiac Kids), a support group for families of children on a gluten-free diet. Today Danna leads more than 100 chapters of R.O.C.K. worldwide. She is a consultant to retailers, manufacturers, testing companies, dietitians, nutritionists, and people newly diagnosed with gluten intolerance and celiac disease. She also coordinates the International Walk/Run for Celiac Disease each May in San Diego.

## **Dedication**

This book is dedicated to the people who have patiently supported my sometimes overzealous and usually over-the-top efforts as The Glutenator, singing the praises of a gluten-free lifestyle throughout the land. Most importantly, to my family and friends — especially Tyler, Kelsie, and Bryan — who encourage, inspire, and energize me. Your support means more to me than you could ever know, and I couldn't have written a word without you. And to those of you who embrace or are planning to embrace the gluten-free lifestyle, I hope I can make a difference, if even only a small one, in your lives by inspiring you to love the gluten-free way of life.

# Author's Acknowledgments

A huge thank you to the hard-working team at Wiley Publishing. First, thank you to Mikal Belicove, the original acquisitions editor who came up with and promoted the idea of doing a For Dummies book about the gluten-free lifestyle, and then held my hand as I learned the ropes of writing in the For Dummies format. To Mike Lewis and Natalie Harris, thank you for your patience as I took liberties with the table of contents on the second edition. To Tim Gallan, Natalie Harris, Danielle Voirol, and Krista Hansing, thank you for tolerating my sometimes quirky sense of humor and my many made-up words. It must have driven your spell-checker crazy. I'd like to thank Emily Nolan for testing all of the recipes, and for her tactful and humorous comments when the dishes I had invented were outrageous flops (don't worry, we fixed 'em!). And thank you to Patty Santelli for nutritional analysis of the recipes.

I'm extremely grateful to my friends and colleagues, Michelle Pietzak, MD; Ron Hoggan, PhD.; and Cynthia Kupper, RD; for their careful technical review of the book. All of you go far and above the "call of duty" in helping the gluten-free community each and every day. Ron, writing the second edition of this book knowing that you were reviewing it was beyond intimidating. You are one of my all-time gluten-free heroes.

A huge thank you to my friend and another hero, Alessio Fasano, MD, who is one of the biggest fish in the celiac sea. I'm honored that you wrote the foreword for this

book and am grateful for your phenomenal work in the celiac world.

To the entire gluten-free community, thank you for your steadfast encouragement. You motivate me to be passionate.

And last, but by no means least, I'm incredibly grateful to my family and friends. After I finished the books before this one, I asked you to slip cyanide in my coffee if I ever thought about writing another book. Thanks for not doing that. Seriously, without your patience, encouragement, support, optimism, love, and inspiration, I couldn't have written a word. Bryan, you are the love of my life. Thank you for your patience as I squeezed this book between you, the kids, and Sonic Boom.

Living Gluten-Free

FORDUMmIES‰

2ND EDITION



## **Publisher's Acknowledgments**

We're proud of this book; please send us your comments at <http://dummies.custhelp.com>. For other comments, please contact our Customer Care Department within the U.S. at 877-762-2974, outside the U.S. at 317-572-3993, or fax 317-572-4002.

Some of the people who helped bring this book to market include the following:

## **Acquisitions, Editorial, and Media Development**

Project Editor: Natalie F. Harris (Previous Edition: Tim Gallan)

Acquisitions Editor: Mike Lewis

Copy Editors: Krista Hansing, Todd Lothery (Previous Edition: Danielle Voirol)

Assistant Editor: Erin Calligan Mooney

Senior Editorial Assistant: David Lutton

Technical Editor: Ron Hoggan

Recipe Tester: Emily Nolan

Nutritional Analyst: Patricia Santelli

Editorial Manager: Christine Meloy Beck

Editorial Assistants: Rachelle Amick, Jennette ElNaggar

Art Coordinator: Alicia B. South

Cover Photos: © iStock / Jeanne Hatch

Cartoons: Rich Tennant ([www.the5thwave.com](http://www.the5thwave.com))

## **Composition Services**

Project Coordinator: Sheree Montgomery

Layout and Graphics: Tim Detrick

Proofreaders: Lindsay Littrell, Nancy L. Reinhardt

Indexer: Steve Rath

## **Publishing and Editorial for Consumer Dummies**

Diane Graves Steele, Vice President and Publisher,  
Consumer Dummies

Kristin Ferguson-Wagstaffe, Product Development  
Director, Consumer Dummies

Ensley Eikenburg, Associate Publisher, Travel

Kelly Regan, Editorial Director, Travel

## **Publishing for Technology Dummies**

Andy Cummings, Vice President and Publisher,  
Dummies Technology/General User

## **Composition Services**

Debbie Stailey, Director of Composition Services

# Foreword

Anybody out there ever experienced stomach aches, bloating, headaches, mood swings, short memory loss, difficulty concentrating, fatigue, constipation, diarrhea, short temper, hair loss, tingling of the arms or legs, joint pain, or anemia for unknown reasons? If not, go ahead and eat as much pasta and pizza you like. If, on the other end, you have experienced any of these symptoms (and I'll bet all of us have, at some point), chance are, you and gluten do not agree. These symptoms are a few examples of how these chameleonic conditions called celiac disease and gluten sensitivity can present clinically. But what really are celiac disease and gluten sensitivity?

You can read lots of details about celiac disease and gluten sensitivity in this book. But let's take a quick look at these conditions and why they're so often misdiagnosed.

Celiac disease is an autoimmune disease that targets the intestines and renders them unable to properly handle foodstuff. The condition leads to a wide range of clinical manifestations of variable severity. Besides the typical malabsorption symptoms (chronic diarrhea, weight loss, and abdominal distension), celiac disease can manifest itself in a previously unappreciated spectrum of symptoms that potentially can affect any organ system. What's more, because many people who have celiac disease don't even exhibit the typical gastrointestinal symptoms. More common are patients with non-intestinal symptoms, such as anemia, joint pain, chronic fatigue, short stature, skin lesions, and neurological and