

Celiac Disease

Celiac disease is also known as the gluten-induced disease. This is an intestinal disorder that results from intolerance to gluten, which is a protein commonly found in many grains: wheat, oats, barley and rye. Many believe that celiac disease actually developed when a infant. The generally accepted cause for this disorder amongst the masses is the ingestion of gluten containing grains. This is not necessarily the cause, rather it is most likely the effects of a cause. The health and vitality of the intestinal tract must have assistance. Dairy has also been known to help trigger symptoms of this disorder.

Suggested Dietary Changes:

- Avoid gluten, sugary products, processed foods, dairy, chocolate, bottled salad dressing, hot dogs, gravies, luncheon meat, beer, mustard, catsup, non dairy creamer, white vinegar, curry powder or seasonings
- Eat fresh vegetables, legumes (lentils, peas, beans), rice bran, nuts, sunflower seeds, raisins, figs and black “seedy” fruits such as strawberries, raspberries, blackberries – use blackstrap molasses (B vitamins , Iron)
- Read labels for hidden gluten – caramel, gum, hydrolyzed plant protein (HPP), hydrolyzed vegetable protein (HVP), malt, maltodextrin, modified food starch, mono-& diglycerides, natural flavoring, soy sauce, tecturized vegetable protein (TVP), vinegar

**These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.*