

Gluten Intolerance: Know the Symptoms

Any of the following symptoms could be signs that you suffer from gluten intolerance. If any of these signs apply to you, get yourself checked out; you will be glad you did! I did years ago after suffering through many of the symptoms listed below; see this [previous post](#) to read about my story.

Common Symptoms of Gluten Intolerance

1. Digestive issues such as gas, bloating, diarrhea and even constipation.
2. Keratosis Pilaris, (also known as 'chicken skin' on the back of your arms). This tends to be as a result of a fatty acid deficiency and vitamin A deficiency secondary to fat-malabsorption caused by gluten damaging the gut.
3. Fatigue, brain fog or feeling tired after eating a meal that contains gluten.
4. Diagnosis of an autoimmune disease such as Hashimoto's thyroiditis, Rheumatoid arthritis, Ulcerative colitis, Lupus, Psoriasis, Scleroderma or Multiple sclerosis.
5. Neurologic symptoms such as dizziness or feeling of being off balance.

6. **Hormone imbalances such as PMS, PCOS or unexplained infertility.**
7. **Migraine headaches.**
8. **Diagnosis of chronic fatigue or fibromyalgia. These diagnoses simply indicate your conventional doctor cannot pin point the cause of your fatigue or pain.**
9. **Inflammation, swelling or pain in your joints such as fingers, knees or hips.**
10. **Mood issues such as anxiety, depression, mood swings and ADD.**

How to Deal with Gluten Intolerance

Gluten intolerance can affect many of the organs in your body, not just your stomach and intestines. This is especially true over a long term exposure. Get informed; knowledge is the best way to move forward to better health.

Gluten-free options are currently very popular in grocery stores and restaurants. I am happy to report there has been a huge improvement in the ten years since I was **diagnosed with my wheat allergy.**

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