

Everything You Need to Know About Gluten Intolerance in Children

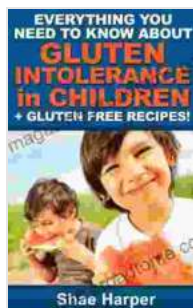
Gluten intolerance is a condition in which the body is unable to digest gluten, a protein found in wheat, rye, and barley. When someone with gluten intolerance eats gluten, their immune system attacks the small intestine, causing damage to the villi, which are small finger-like projections that line the intestine and help to absorb nutrients. This damage can lead to a variety of symptoms, including:

- Diarrhea
- Constipation
- Gas
- Bloating
- Abdominal pain
- Weight loss
- Fatigue
- Iron deficiency anemia
- Vitamin B12 deficiency
- Skin rashes
- Headaches
- Mood swings

Gluten intolerance can be caused by two different conditions: celiac disease and non-celiac gluten intolerance.

- **Celiac disease** is an autoimmune disorder in which the body's immune system attacks the small intestine when gluten is eaten. Celiac disease is a serious condition that can lead to permanent damage to the small intestine if it is not treated.
- **Non-celiac gluten intolerance** is a condition in which people experience symptoms of gluten intolerance, but they do not have celiac disease. The cause of non-celiac gluten intolerance is not fully understood, but it is thought to be related to an immune reaction to gluten.

Gluten intolerance is diagnosed through a combination of blood tests and a biopsy of the small intestine.



Everything You Need to Know About Gluten Intolerance in Children + Gluten Free Recipes! (allergies)

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- **Blood tests** can check for antibodies that are produced by the immune system in response to gluten. These antibodies can be a sign

of celiac disease or non-celiac gluten intolerance.

- **A biopsy of the small intestine** can show damage to the villi that is caused by gluten intolerance.

The only treatment for gluten intolerance is to follow a gluten-free diet. This means avoiding all foods that contain gluten, including wheat, rye, and barley. Gluten-free foods include:

- Fruits
- Vegetables
- Meat
- Fish
- Poultry
- Dairy products
- Rice
- Potatoes
- Corn
- Quinoa
- Amaranth
- Buckwheat

There are many gluten-free products available in stores, and it is also possible to make your own gluten-free foods at home.

If gluten intolerance is not treated, it can lead to a number of long-term health problems, including:

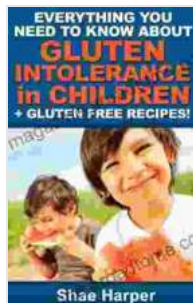
- Malnutrition
- Growth retardation
- Iron deficiency anemia
- Vitamin B12 deficiency
- Osteoporosis
- Infertility
- Autoimmune disorders

If your child has been diagnosed with gluten intolerance, there are a few things you can do to help them:

- **Make sure that your child follows a gluten-free diet.** This is the most important thing you can do to help your child manage their gluten intolerance.
- **Talk to your child's doctor about supplements.** Your child may need to take supplements to make up for the nutrients that they are not getting from their diet.
- **Be supportive.** Gluten intolerance can be a challenging condition to manage, but it is important to be supportive of your child and help them to stay on track with their diet.

Gluten intolerance is a common problem in children, but it can be managed with a gluten-free diet. If you think that your child may have gluten

intolerance, talk to your doctor. Early diagnosis and treatment is important to prevent long-term health problems.



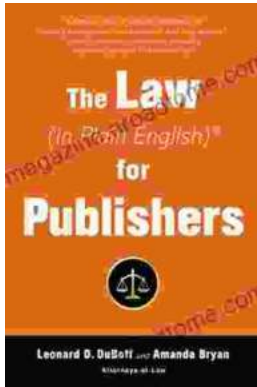
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