

CELIAC DISEASE SYMPTOMS

>> FOR ADULTS



JOINT/MUSCLE/BONE

- Bone density loss (osteoporosis)
- Burning sensations
- Muscle spasms
- Pain in any area
- Stiffness in joints
- Swelling in joints

INTESTINAL

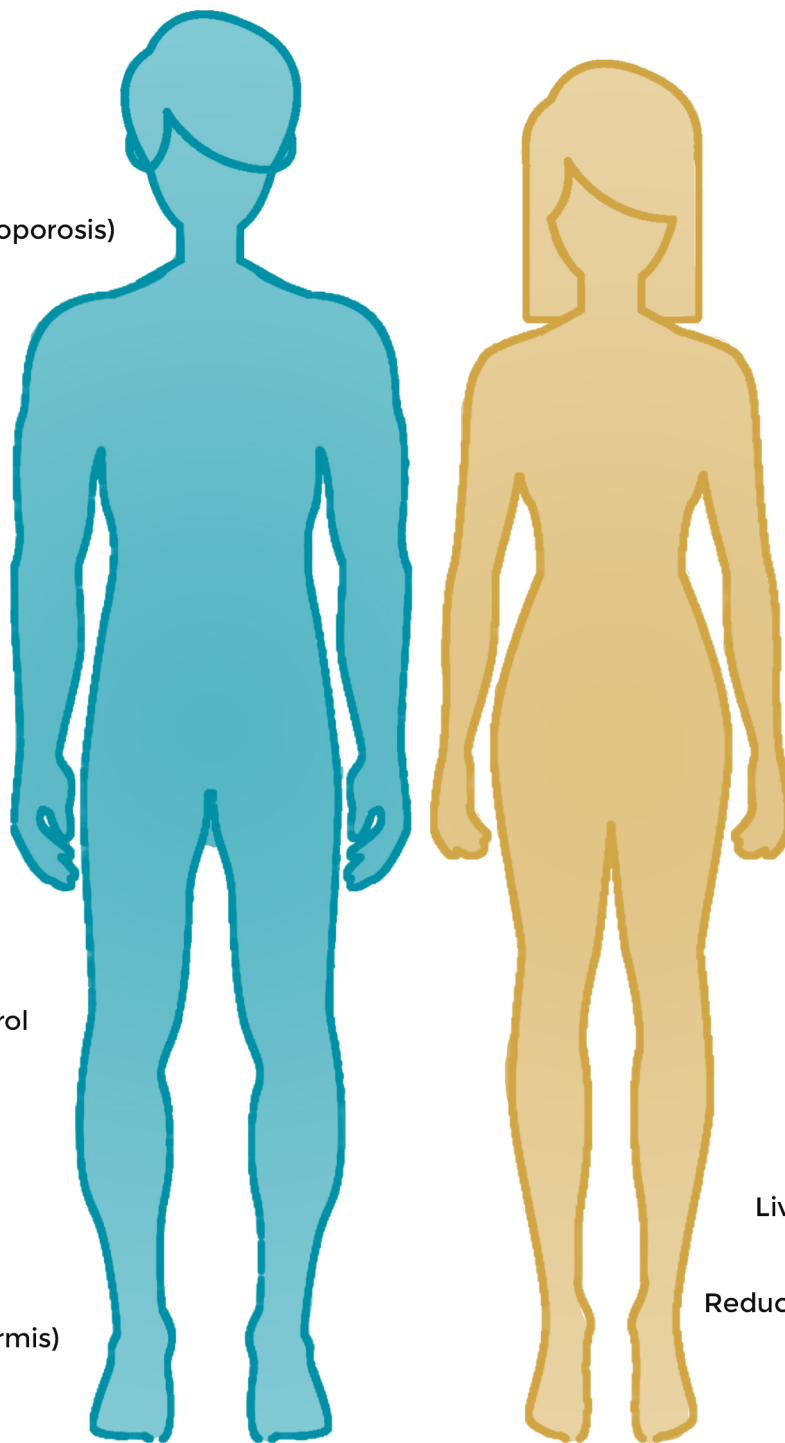
- Acid reflux/heartburn
- Bloating
- Chronic constipation
- Chronic diarrhea
- Cramping
- Excessive gas
- Nausea
- Stomach pain
- Vomiting

BEHAVIORAL

- ADHD
- Anxiety
- Brain fog/fuzzy mind
- Depression
- Irritability
- Irrational anger
- Lack of emotional control
- Memory loss
- Mood swings
- Short tempered
- Struggle focusing
- Suicidal

SKIN & NAILS

- Acne
- Blisery/itchy skin rash (Dermatitis Herpetiformis)
- Burning scalp
- Brittle nails
- Bruising
- Eczema
- Itchy



ORAL

- Bad breath
- Damage to enamel
- Mouth canker sores/ulcers
- Swollen gums

FEMALE-SPECIFIC

- Hormonal level swings
- Infertility
- Irregular menstrual periods
- Painful periods
- Recurrent miscarriage
- Swollen cervix

VITAMIN DEFICIENCIES

- Anemia (iron deficiency)
- Copper too high
- Malnourishment
- Low calcium
- Low vitamin B12
- Low vitamin D
- Low zinc

MISCELLANEOUS

- Acid reflux and heartburn
- Asthma
- Chronic fatigue
- Cognitive impairment
- Dark under eyes
- Fluctuating weight
- Hair loss
- Headaches or migraines
- Inflammation
- Irregular blood cell count
- Lactose intolerance
- Liver and biliary tract disorders
- Problems with balance
- Puffy or dark eyes
- Reduced functioning of the spleen
- Seizures
- Sinus pressure
- Thyroid problems
- Tingling, numbness, or pain
- Vertigo/dizziness
- Weight loss

Some people with celiac have no symptoms at all, but still suffer from severe intestinal damage & long-term health problems if gluten is ingested!

CELIAC DISEASE SYMPTOMS

>> FOR CHILDREN & TEENS



ORAL

Enamel defects
Mouth canker sores/ulcers

INTESTINAL

Abdominal pain
Acid reflux/heartburn
Bloating
Chronic constipation
Chronic diarrhea
Pale, foul-smelling, or fatty stool
Vomiting

SKIN & NAILS

Acne
Blistery/itchy skin rash
Burning scalp
Brittle nails
Eczema

BEHAVIORAL

Aggressive
Brain fog/fuzzy mind
Defiant
Irritability
Mood swings
Physical outbursts
Sensory struggles

JOINT/MUSCLE/BONE

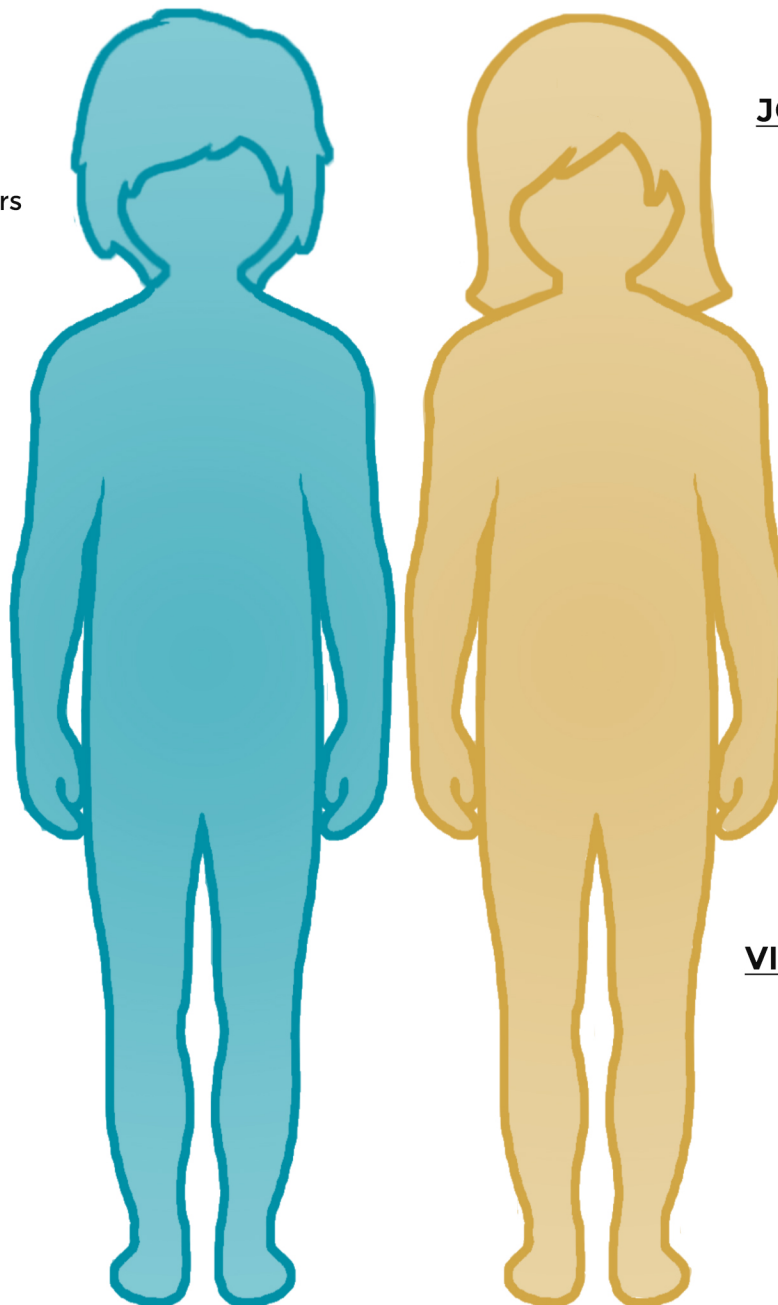
Bone density loss
Joint pain
Short stature
Slow growth

MISCELLANEOUS

ADHD
Chronic fatigue
Cognitive impairment
Dark under eyes
Delayed puberty
Headaches or migraines
Inflammation
Lack of coordination
Lactose intolerance
Learning disabilities
Neurological symptoms
Puffy eyes
Seizures
Thyroid problems
Weight loss

VITAMIN DEFICIENCIES

Anemia (iron deficiency)
Copper too high
Malnourishment
Low calcium
Low vitamin B12
Low vitamin D
Low zinc



Some children with celiac have no symptoms at all, but still suffer from severe intestinal damage & long-term health problems if gluten is ingested!

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CELIAC DISEASE SYMPTOMS

>> FOR INFANTS & TODDLERS



JOINT/MUSCLE/BONE

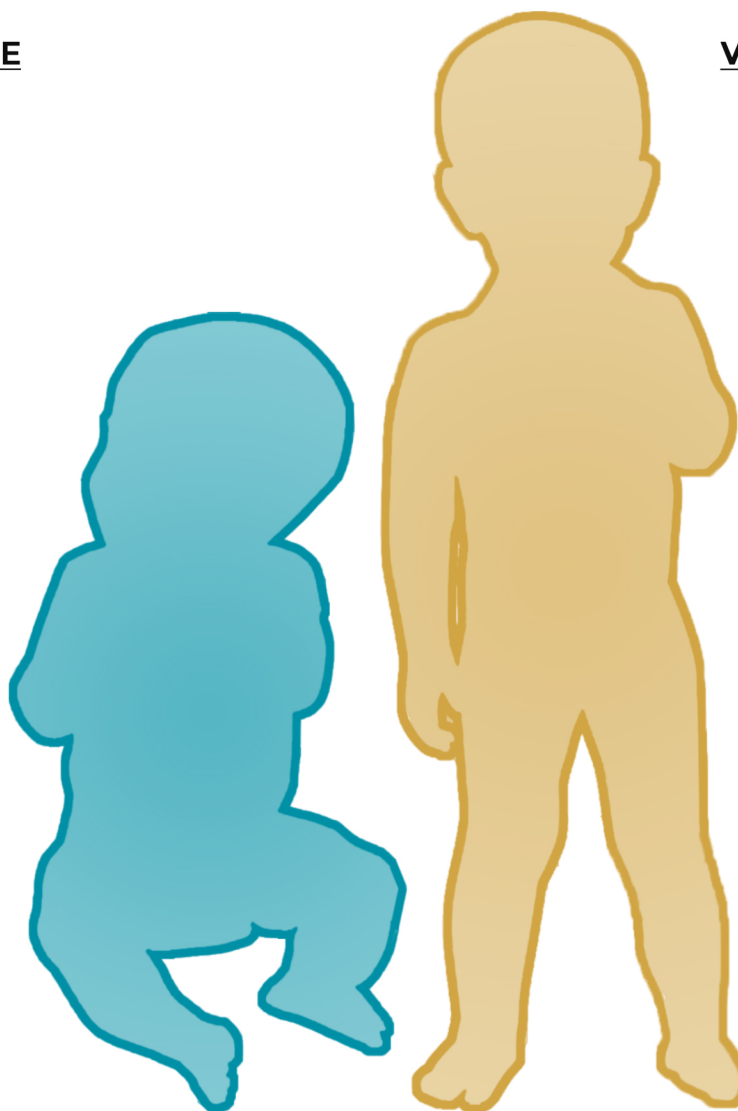
Joint pain
Muscle wasting

BEHAVIORAL

Arching back
Defiant
Inconsolable tantrums
Often discontent & fussy
Severe physical outbursts
(banging head on things, aggressively pinching and pulling hair, forcefully hitting, throwing objects, etc.)

MISCELLANEOUS

Chronic fatigue
Dark under eyes
Failure to thrive
Inflammation
Lactose intolerance
Sleep problems
Swollen or puffy
Thyroid problems



VITAMIN DEFICIENCIES

Anemia (iron deficiency)
Copper too high
Malnourishment
Low calcium
Low vitamin B12
Low vitamin D
Low zinc

INTESTINAL

Abdominal pain
Acid reflux
Bloating
Cholic
Chronic diarrhea
Excessive gas
Poor appetite
Swollen belly
Vomiting

SKIN & NAILS

Brittle nails
Dry skin
Eczema
Rashes

Some with celiac have no symptoms at all, but still suffer from severe intestinal damage & long-term health problems if gluten is ingested!

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