

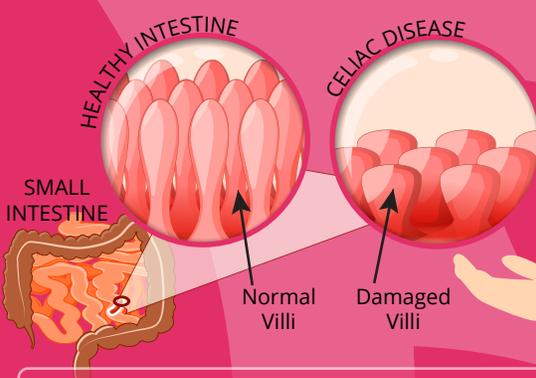
Celiac Vs Non-Celiac Gluten Sensitivity

Celiac Disease

When someone with celiac disease eats food containing gluten, their immune system attacks finger-like structures called villi, which line the small intestine.

Celiac disease is not an allergic reaction, but an autoimmune disease, as allergies involve a different branch of the immune system.

This abnormal response to gluten is not an allergic reaction, and celiac is not an allergy to gluten or wheat: allergies involve a different branch of the immune system.



Non-Celiac Gluten Sensitivity

Non-celiac gluten sensitivity does not harm the villi.

While we don't yet understand how the body responds abnormally to gluten in non-celiac gluten sensitivity (NCGS), there is some evidence that the immune system may be involved here, too.

It's also possible that neither the immune system nor even gluten itself is always the culprit behind NCGS symptoms. It may be that some people with NCGS symptoms just don't digest FODMAPs very well.



Who's Affected?

Celiac Disease is one of the most common genetic diseases, affecting approximately one person in 100. You may have an increased risk of developing celiac if you have a family history of the disease, or if you, or members of your family, have other autoimmune disorders.

When it comes to NCGS, it's harder to say how many people are affected, in part because it hasn't been studied as extensively.

Symptoms

Both celiac disease and NCGS can cause:

- Diarrhea (either constant or returning frequently)
- Abdominal pain
- Constipation
- Fatigue
- Mouth ulcers
- Skin rash

In addition to those symptoms it shares with celiac, NCGS can cause:

- Bloating
- Nausea
- Acid reflux
- A general feeling of being unwell
- Headaches
- Joint pain
- Foggy thinking

Treatment

Currently, the best—and only—treatment for celiac disease is a strict gluten-free diet. But while very effective, it's not a cure—it only works as long as you stay on it.

If you have NCGS, your symptoms should improve when you follow a gluten-free diet, too.

*Get help from a registered dietitian who has expertise in these conditions. With a little guidance, you should still be able to eat a delicious diet that will keep your symptoms at bay, and protect your long-term health.

