

## 20+ REASONS YOU SHOULD GET TESTED FOR GLUTEN ISSUES\*

1. A family member has been diagnosed with celiac/gluten intolerance or diseases that can be related to celiac/gluten intolerance.	13. Other food allergies/issues, such as lactose intolerance.
2. GI issues: diarrhea, constipation, or alternating; IBS; abdominal pain; nausea; vomiting; stools that are smelly, large volume, and/or float; acid reflux; bloating; gas; belching/burping; etc.	14. Weight issues (underweight and can't gain weight easily or average weight/overweight and can't lose weight easily)
3. Skin issues: rashes (including blisters as in dermatitis herpetiformis), eczema, psoriasis, vitiligo, "allergies" to products that touch skin.	15. Frequent infections/illnesses: sinus, strep throat/tonsillitis, bronchitis, ear infections, "virus"/"bug"/"flu."
4. You have been diagnosed with other disease/conditions that can be related to gluten or they "run in your family," such as, any form of arthritis, multiple sclerosis, fibromyalgia, diabetes, chronic fatigue syndrome, thyroid issues, and adrenal issues.	16. Down syndrome
5. Anemia	17. Cancer---particularly stomach, pancreatic, lymphoma
6. For women, gyno/ob issues: premenstrual disorders, difficult menstrual periods, endometriosis, infertility, difficult pregnancies, miscarriages, stillbirths, hormone issues, early menopause.	18. Frequent or constant fatigue
7. Neurological/psychological issues, such as depression, seizures/epilepsy, ADD/ADHD, learning disabilities, autism, tingling/numbness (neuropathy), bipolar disorder, irritability/"moodiness," schizophrenia, "brain fog," trance-like episodes, anxiety/panic attacks, OCD, dementia/Alzheimer's, ataxia, restless leg syndrome.	19. Canker sores/mouth ulcers
8. Osteoporosis or osteopenia	20. In children: failure to thrive, developmental delays (e.g., speech, puberty), short stature, distended belly, leg aches/pain (e.g., "growing pains"), irritability
9. Insomnia and/or other sleep issues	21. Asthma
10. Frequent headaches (e.g., tension/sinus/migraine)	22. Hair issues (e.g., hair falling out/thinning, bald spots/alopecia)
11. Other organ issues: appendicitis; gall bladder, kidney, and liver problems	23. Blood pressure issues (low or high)
12. Dental issues (e.g., discolored teeth/enamel defects)	24. Sjogren's syndrome

\*You may have one or more; however, you do not have to have multiple symptoms. Remember, 40% of those with celiac have NO symptoms.

Compiled from various sources by Shirley Braden of the **King George Celiac and Gluten Intolerance Group (KGCIG)**

Website: gfe--gluten free easily at <http://glutenfreeeasily.com> Email: [glutenfreeeasily@gmail.com](mailto:glutenfreeeasily@gmail.com)

++Know someone who wants to get tested for gluten issues? The test for gluten sensitivity can be ordered through [www.enterolab.com](http://www.enterolab.com). Traditional celiac testing can be done through your doctor.