

## Gluten Sensitivity Questions

Gluten causes health issues for people who are sensitive to foods containing gluten. If you have gastrointestinal problems or irritable bowel syndrome, gluten could be your problem. In fact, research shows that a gluten-free diet may improve many symptoms in a variety of illnesses, including multiple sclerosis and rheumatoid arthritis.

Is gluten causing your health problems? Here are some questions to help you find out if gluten is contributing to your poor health. If you answer yes to 4 or fewer, it's unlikely that gluten is causing you problems. If you answer yes to 5 or more of these questions, gluten sensitivity is likely contributing to your health issues.

1. Unintentional weight gain
2. Unexplained fatigue
3. Difficulty relaxing, feel tense frequently
4. Unexplained digestive problems
5. Female hormone imbalances
6. (PMS, menopausal symptoms)
7. Muscle or joint pain or stiffness of unknown cause
8. Migraine like headaches
9. Food allergies / sensitivities
10. Difficulty digesting dairy products
11. Tendency to over consume alcohol
12. Overly sensitive to physical & emotional pain, cry easily
13. Cravings for sweets, bread, carbohydrates
14. Abdominal pain or cramping
15. Abdominal bloating or distention
16. Intestinal gas
17. "Love" specific foods
18. Eat when upset, eat to relax
19. Constipation or diarrhea of no known cause
20. Unexplained skin problems and rashes

If you answered yes to 9 or more of the above questions, I recommend that you make an appointment with your health care provider to discuss gluten. Due to the cross-contamination of many foods, setting up a gluten-free diet on your own is challenging. Your health care practitioner or a professional that he/she recommends can help you implement a gluten-free diet that is packed with nutrition and taste.

If you are looking for gluten-free recipes, check out [Serenity Health Kitchen](#). Identifying allergies and sensitivities is one of our specialties at Serenity Health Care Center. Schedule an appointment to find out how a different diet can make you feel like a new person.