

Introduction :

Gluten sensitivity, also known as non-celiac gluten sensitivity (NCGS) is a non-autoimmune condition caused by gluten (a protein found in grains) and affects about 1-7% of the population who experience symptoms because of the consumption of gluten.

Complications :

Over time, a range of problems may develop because of the body's reaction to gluten — from skin rashes intolerance to infertility, bone weakness, and nerve damage. These can often happen even in the absence of digestive symptoms.

Management :

The grains not allowed on a gluten-free diet include:



Wheat



Rye



Barley



Spelt



Bulgur



Durum

The grains allowed on a gluten-free diet include:



Brown rice



corn flour



Quinoa



Millet

Summary :

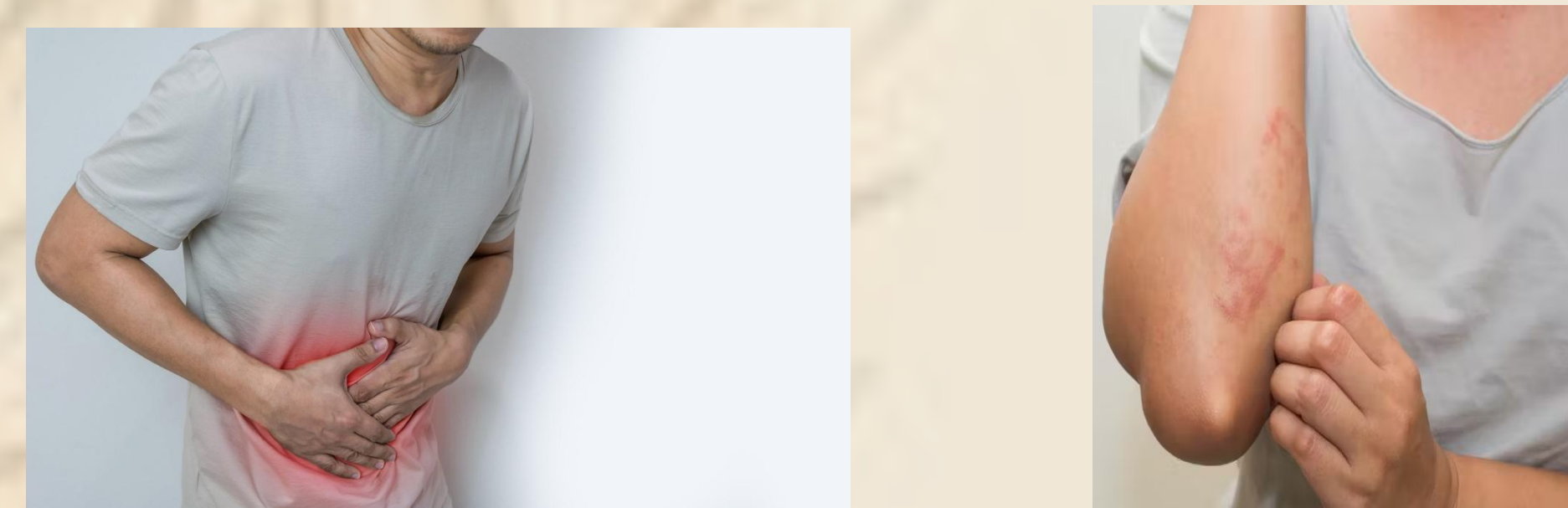
Gluten sensitivity is the inability to digest gluten, Studies have neither discovered causes nor treatment for gluten sensitivity. Therefore, the diagnosis is based on the expert's opinions and addressing symptoms as required.

Since there is no cure yet for gluten sensitivity, it is managed by the elimination of gluten from your diet.

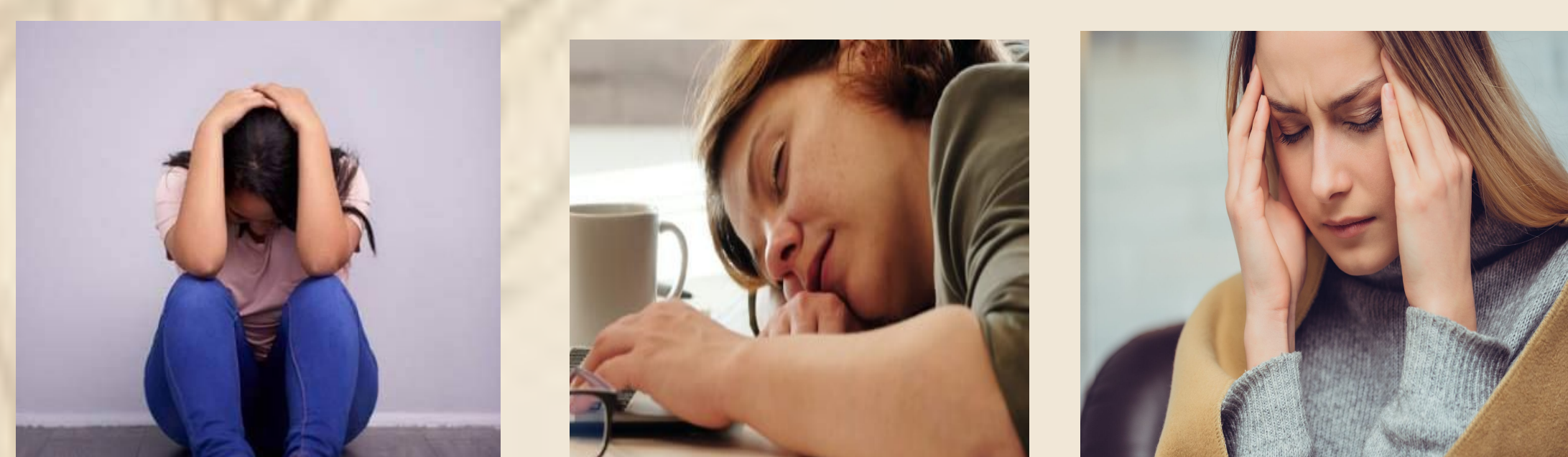
Symptoms :



Gluten belly diarrhea Nausea



Abdominal Pain Dermatitis



Depression Fatigue Headache

Risk factor :

- Family history
- Autoimmune conditions: such as type 1 diabetes or thyroid disorders
- Intestinal permeability: increased intestinal permeability ("leaky gut")
- Childhood feeding practices: too early (before 4-6 months of age) or too late (after 7 months of age)
- Gut microbiome imbalance: The composition of the gut microbiome,

References :

1. www.verywellhealth.com
2. <https://www.ncbi.nlm.nih.gov>
3. <https://www.semanticscholar.org/paper/Non-Celiac-Gluten-SensitivityC>
4. <https://www.dovepress.com>
5. <http://tinyurl.com/q9ug8xo>