




# Gluten

## What is a Gluten Intolerance?

Gluten intolerance, also known as non-coeliac gluten sensitivity (NCGS), occurs when a person experiences digestive or other symptoms after consuming gluten, a protein found in wheat, barley, and rye. Unlike coeliac disease, gluten intolerance does not involve an autoimmune reaction or damage to the small intestine.

 **Gluten Intolerance:** Does not involve an autoimmune response or intestinal damage but causes discomfort and symptoms.

 **Coeliac Disease:** An autoimmune condition where gluten ingestion leads to intestinal damage. Requires a strict gluten-free diet.

 **Wheat Allergy:** An allergic reaction to proteins in wheat (not just gluten), potentially causing hives, swelling, or anaphylaxis.



## Need Support?

Work with a nutritional therapist to identify potential gluten intolerance through dietary assessments and elimination protocols as well as addressing nutritional deficiencies and enhance digestive health.