

Everyone who is intolerant to gluten reacts to it differently. There is no cookie-cutter diagnosis of symptoms, and the symptoms and complications of gluten intolerance often mimic other conditions.

Chronic problems implies severe, prolonged, or returning problem, not just a fleeting or rare discomfort that could be attributed to sensitivity, not intolerance.

1. Abdomen  
Recurring intestinal problems that can include one or more of the following: diarrhea, constipation, gas, acid reflux, cramping, stomach pain, stomach upset, bloating, problematic stools.
2. Head  
Headaches, migraines, brain fog
3. Skin  
Itchy skin, rashes or blisters, eczema, mouth sores
4. Circulatory/Blood  
Anemia, malabsorption
5. Skeleton and Muscles  
Osteoporosis, osteopenia, bone/joint pain, muscle cramps, numbness or tingling in arms, hands, feet, dental enamel problems, stunted growth in children
6. Reproduction  
Infertility, irregular menstruation, recurrent miscarriage
7. Spirit/Energy  
Chronic, unexplained fatigue, weakness, weight loss, irritability
8. Mental/Neurological  
Behavioral issues, seizures, depression, psychiatric problems
9. Autoimmune System  
Diabetes, thyroid disease, liver disease
10. Nervous System  
Fibromyalgia
11. Cancer  
Non-Hodgkins' lymphoma; cancer in small intestine

*The Living Gluten Free Answer Book*, Suzanne Bowland