



A simple diet change can
make all the difference
when you have

CELIAC DISEASE

Symptoms:

- Digestive problems
- A severe skin rash
- Iron deficiency anemia
- Muscularskeletal problems
- Growth problems
- Seizures
- Tingling sensation in legs
- Aphthous ulcers (sores in mouth)
- Missed menstrual periods

Try Going Gluten Free

Gluten is found in wheat, rye, barley
and any foods made with these
grains. These foods could be causing
your pain.



*A branch clinic of the Walter Reed
National Military Medical Center*