

Celiac disease is a digestive and autoimmune disorder that results in damage to the lining of the small intestine when foods with gluten are eaten. The damage to the intestine makes it hard for the body to absorb nutrients, especially fat, calcium, iron, and folate.

Similar to IBD, the digestive tract tissues damaged by celiac disease need repair and the body's normal production of NAG is not able to keep up with the excessive demand. Supplemental C-NAG can help make up the deficiency and help restore the normal function of the digestive tract.

What Causes Celiac Disease?

Normally, the body's immune system is designed to protect it from foreign invaders. When people with celiac disease eat foods containing gluten, their immune system forms antibodies to gluten which then attack the intestinal lining. This causes inflammation in the intestines and damages the villi, the hair-like structures on the lining of the small intestine. Nutrients from food are normally absorbed by the villi. If the villi are damaged, the person cannot absorb nutrients properly and ends up malnourished, no matter how much he or she eats. It is recommended to take a premium multi vitamin/mineral/enzyme formula and an essential fatty acid formula such as the OPTIMUM Health Pac to maintain long term good health.

What Are the Symptoms of Celiac Disease?

Symptoms of celiac disease vary among sufferers and include:

- Digestive problems (abdominal bloating, pain, gas, diarrhea, pale stools, and [weight loss](#))
- A severe skin rash called [dermatitis herpetiformis](#)
- Iron deficiency anemia (low blood count)
- Musculoskeletal problems (muscle cramps, joint and bone pain)
- Growth problems and failure to thrive (in children)
- Seizures
- Tingling sensation in the legs (caused by nerve damage and low calcium)
- Aphthous ulcers (sores in the mouth)
- Missed menstrual periods

What Health Problems Accompany Celiac Disease?

Celiac disease can leave a person susceptible to other health problems, including:

- Osteoporosis, a disease that weakens bones and leads to fractures. This occurs because the person has trouble absorbing enough calcium and vitamin D.
- Miscarriage or infertility.
- Birth defects, such as neural tube defects (improper formation of the spine) caused by poor absorption of such nutrients as folic acid.
- Seizures.
- Growth problems in children because they don't absorb enough nutrients.
- Cancer of the intestine (very rare).

People who have celiac disease may have other autoimmune diseases, including:

- Thyroid disease
- Type 1 diabetes
- Lupus
- Rheumatoid arthritis
- Sjögren's syndrome (a disorder that causes insufficient moisture production by the glands)
- Inflammatory bowel disease
- Crohn's Disease