

# Celiac Disease and Fertility

An Educational guide

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# Undiagnosed Celiac Disease and Fertility

According to several medical journals, **undiagnosed** Celiac Disease can cause a wide range of gynecological and obstetric issues including delayed periods, early menopause and secondary amenorrhoea. [1], [2].

Women with undiagnosed celiac disease have been shown to have up to a **nine-fold relative risk of recurrent miscarriage** compared with treated patients. (treatment referring to adherence to a gluten-free diet)

Nutritional Deficiencies due to malabsorption can cause **reproductive and pregnancy complications**. Undiagnosed celiac disease may cause folic acid, vitamin B12, fat-soluble vitamin and iron deficiencies, which may further adversely affect Fertility.

Gliadin may also induce an inflammatory reaction with associated cytokine production, which may **adversely affect the fetus**. Adherence to a gluten-free diet has been shown to reduce circulating autoantibodies and the risk of possible miscarriage. This information highlights the need for early diagnosis for Celiac Disease (not to ignore symptoms, thinking it is just a gluten sensitivity) because the consequences of **staying undiagnosed and thus failing to adhere to a strict life-long gluten avoidance can possibly lead to problems such as discussed here**.

## About Me:

I have Celiac Disease and have been living with this condition for 9 years. In 2020 during lockdown of the COVID pandemic, I started a home bakery selling my gluten-free bakes. I began also trying to educate and create more awareness about Celiac Disease via my social media pages. This got me thinking about how I could this on a more personal level.

It was early in 2022 that I studied with the Institution for Sports and Science and got my certification as a **Health Coach**. I also studied to become a qualified and accredited **DNAylsis genetic practitioner**.

I am a Celiac, a mom who has raised a child with Celiac, a self-taught gluten-free baker and recipe developer, health coach and genetic practitioner as well as a background in Skin therapy (lymphatic drainage, skin treatments, and Endermologie) I hope I bring a bit of uniqueness to the Health coaching world with my range of knowledge and experience.

My aim in coaching is to help my clients **navigate a gluten-free lifestyle in a practical way** but also in a way that empowers them on an **emotional level** as the emotional effects of such a drastic lifestyle change can be great. I use a holistic approach in my approach and we explore many different avenues: **stress management, weight management, time management, diet and nutrition education, exercise education, goal setting, habit formation, emotional and self care exploration, genetics, lifestyle and environment factors and gut health**.

## Disclaimer:

I am not a Doctor nor do I claim to be. The information provided is not meant to diagnose, cure or treat any condition or take the place of any medical treatment. I provide links to the necessary research to back up what I say where possible and try make sure these links point to reputable sources and are based on medical and scientific evidence or studies. If you are unsure about anything mentioned here, it is your responsibility to check with your relevant health care provider and to do your own research.

# *Thank you!*

I hope you found this interesting and useful. If you need further assistance in transitioning to a gluten free lifestyle, then don't hesitate to contact me. My coaching services are centered around people who have gut issues, gluten intolerance, Celiac Disease and food sensitivities.



## Do You Need More Help?

**Book an appointment**

*As a health coach, I help people who have been diagnosed with this condition. I have personally been on this journey and know how hard it is to navigate. Please contact me if you would like to benefit from health coaching*

