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*Celiac Disease*  
What to do if  
you're glutened



# Glutened

Being glutened from accidental exposure is not a nice experience for any of us with Celiac Disease.

What can you do when this happens?

Before I give you my top tips, please remember that we all experience this differently, just as we experienced our initial Celiac symptoms differently. For many of us the symptoms are very much the same as when we first experienced Celiac symptoms.

These symptoms can vary from person to person and will also depend on the amount of gluten ingested.

# Symptoms

- Abdominal pain
- diarrhea
- vomiting
- constipation
- brain fog
- confusion
- delayed reactions
- pins and needles
- joint pain
- headaches and migraines
- extreme fatigue
- lethargy
- depression
- anxiety

and many others.

# What you can do

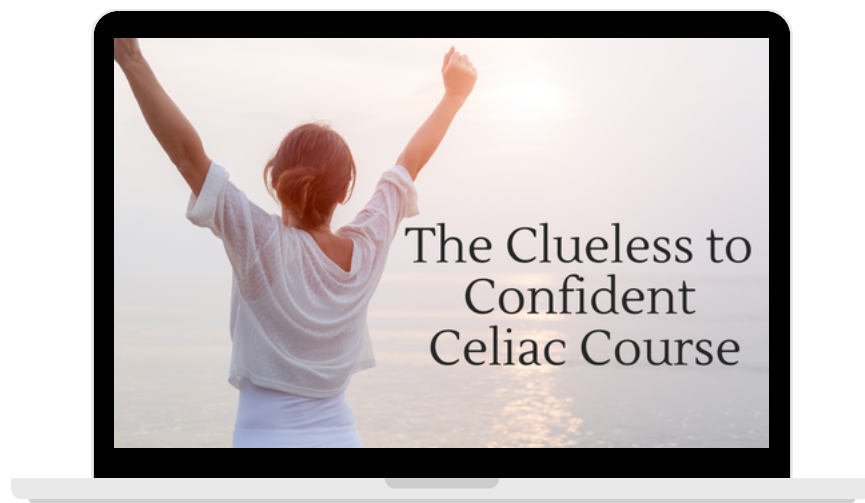
1. My top tip is to rest and sleep. The body's immune system has been hard at work fighting and you need to rest.
2. Drink plenty of water
3. Eat light meals and avoid heavy foods to give your digestive system time to recover
4. Avoid sugar
5. Avoid alcohol
6. If you are going to exercise, do light exercises rather
7. Take extra probiotics and prebiotics
8. Drink herbal teas like chamomile, peppermint, ginger, honey and buchu, green tea- all very good for the digestive tract and anti inflammation.
9. Avoid doing any work that involves making big decisions and brain work, because most of us seem to have a non functioning brain during this stage! ( I can't even get out coherent sentences, I get things muddled up and I forget half way through a sentence or thought what I was saying and thinking!)
10. Lie with a hot water bottle if you experience abdominal cramps during this time.
11. Let those around you know because we can be quite moody and irritable during this time.
12. Digestive enzymes can help you by breaking down the food already in your gut and further food you eat so that your digestive system isn't under too much strain.
13. Ginger and tumeric are anti inflammatory. Drink herbal teas or make a warm latte drink ( non dairy milk)
14. Anti inflammatory foods like blueberries also can help as they contain antioxidants which help with inflammation.
15. If you are feeling particularly bad, you can skip food for two days and just drink bone broth.
16. warm baths with epsom salts and lavender to relax and de stress is also helpful.

# It takes time

Be patient with yourself, because it takes time before you feel like your old self again. Remember that your body has experienced an autoimmune attack and there are a lot of things happening inside of you, like...

- The release of pro inflammatory cytokines which causes inflammation. So you could be bloated and look puffier than usual.
- Damage to the microvilli hair, even if small, can upset your digestive tract for a while
- It can also alter your microbiome which is why it is beneficial to invest in pro and prebiotics.
- Since the digestive tract is under a bit more strain during this time, you can help your body by eating light, easy to digest food and staying clear of heavy, processed, sugary foods for a while.
- remember that pro inflammatory markers affect the brain too which is why a lot of us experience brain fog and feel "stupid" during this time. It will pass.
- It is normal to experience feeling off for up to two weeks after an attack. Some even experience this longer.

# Clueless to Confident Celiac Course



Want to know what is included in the course? Please click the button below to go to the information page.

[ABOUT THE COURSE](#)

Go from clueless to confident in your new Celiac life

# Thank-you!

Thank you for joining the masterclass.

I hope that you learned something new and that it benefited you. I really encourage you, if you are a new Celiac, to seek one on one coaching with me or to take my course which will give help you so much in your new life. It is the course I wish I had when I was new to this whole life!



## Contact:

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