

Hormones

The **Endocrine system** involves organs and glands of the body. It regulates bodily functions by means of chemical messengers called hormones which tell the organs and tissues what to do. The Glands that release the hormones in the endocrine system are:

- Pituitary
- Hypothalamus
- Pineal
- Thyroid
- Parathyroid
- Thymus
- Adrenal
- Pancreas
- Ovaries and testes also have non-endocrine functions

Hormones

Sometimes hormone levels can be too high or too low. There are many factors for this, however, it's not to say that all people with Celiac Disease experience hormonal disruption, however, studies have shown that there appears to be a **link between CD and hormonal disruptions**.

According to the Indian Journal of Endocrinology and Metabolism, Celiac disease is an endocrine disrupter which can mimic your hormones and lead to imbalances, dysfunction, and disease. Some of these are: **adrenal insufficiency, primary hyperparathyroidism and infertility**.

According to studies, Women with Celiac have a **shorter fertility period** and suffer from spontaneous abortions and other pregnancy complications.

What are some symptoms of an hormonal imbalance?

- Painful or irregular menstrual cycle
- infertility
- headaches
- fatigue
- weight gain
- mood swings
- skin problems
- brain fog
- hair loss
- anxiety
- depression
- poor memory
- poor sleep

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While there are many things that can cause these symptoms, studies have shown that **gluten can cause a wide range of hormonal problems.**

Take a look at the whole picture of who you are: what you eat, your lifestyle, how much exercise you get, your hormones, the products you use on your body and face, the products you use in your home, the external factors that you are subjected to on a daily basis.

It can take years to solve all the pieces, but we all need a starting point. If you have any of the symptoms above, whether you are eating gluten or not, it is good to get your hormones checked.

For many with Celiac Disease, thyroid, adrenal and ovaries are areas to get checked.

References:

- <https://www.healthline.com/health/the-endocrine-system#organs>
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