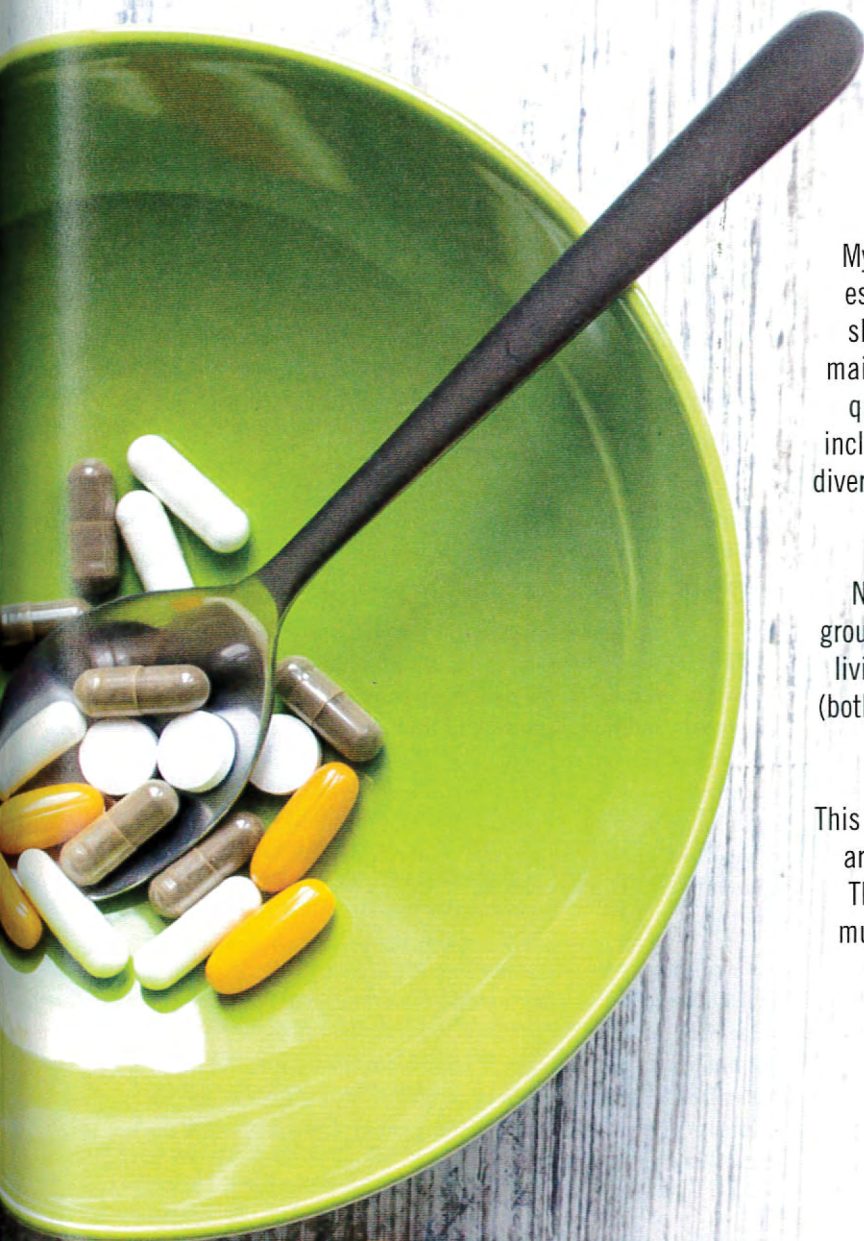


Essential Food Supplements

FOR THOSE WITH CELIAC DISEASE
& GLUTEN INTOLERANCE



My patients frequently ask me, “What are the essential food supplements and vitamins we should take as a part of our daily nutritional maintenance?” As a physician, this is a difficult question to answer for a number of reasons, including individual requirements based on age, diverse genetic make ups, and coexisting ailments requiring various nutritional needs.

Nevertheless, there are specific nutrients or groups of food supplements that benefit all those living with celiac disease or gluten intolerance (both of which are associated with malabsorption of vitamins and minerals).

This article focuses on four of the most vulnerable areas of health to support with supplements. These areas include gastrointestinal health, musculoskeletal health, inflammation control, and skin health.