

# One Man's Struggle to Find the True Cause of Celiac Disease: It's Not Gluten

For years, Chris Kresser suffered from a debilitating autoimmune disease called celiac disease. He was told that the only way to manage his condition was to avoid gluten, a protein found in wheat, rye, and barley.

But Chris wasn't convinced that gluten was the only trigger for his symptoms. He suspected that there was something else going on, something that was causing his immune system to attack his own body.



## Gluten Freedom: One Man's Struggle to Find the True Cause of Celiac Disease. (It's Not Gluten)

★★★★★ 5 out of 5

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Screen Reader	: Supported
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So Chris embarked on a journey to find the true cause of his celiac disease. He read countless books and articles, and he consulted with dozens of doctors and experts.

Finally, Chris stumbled upon a breakthrough. He discovered that celiac disease is not caused by gluten alone. It is caused by a combination of

factors, including genetics, environmental triggers, and gut dysbiosis.

Gut dysbiosis is an imbalance of the bacteria in the gut. When the gut is healthy, there is a balance between good and bad bacteria. But when the gut is dysbiotic, there is an overgrowth of bad bacteria that can damage the intestinal lining and trigger inflammation.

Chris realized that the environmental triggers that were causing his celiac disease were stress, lack of sleep, and a poor diet. He also realized that he had a genetic predisposition to celiac disease, which made him more susceptible to developing the condition.

Once Chris understood the true cause of his celiac disease, he was able to develop a treatment plan that addressed all of the factors that were contributing to his condition.

Chris's treatment plan included the following:

- Eliminating gluten from his diet
- Following a gut-healing diet
- Reducing stress
- Getting enough sleep
- Taking supplements to support gut health

Chris's treatment plan was successful. He was able to heal his gut, reduce his inflammation, and eliminate his celiac disease symptoms.

Chris's story is a testament to the fact that celiac disease is not a life sentence. With the right treatment, it is possible to heal your gut and live a healthy, symptom-free life.

## **The True Cause of Celiac Disease**

Celiac disease is an autoimmune disease that causes the immune system to attack the small intestine. This can lead to a variety of symptoms, including:

- Digestive problems, such as diarrhea, constipation, gas, and bloating
- Weight loss
- Fatigue
- Skin problems, such as dermatitis herpetiformis
- Mood disorders, such as depression and anxiety

Celiac disease is caused by a combination of factors, including genetics, environmental triggers, and gut dysbiosis.

## **Genetics**

Celiac disease is a genetic disease, meaning that it is passed down from parents to children. If you have a family history of celiac disease, you are more likely to develop the condition.

## **Environmental triggers**

Environmental triggers can also play a role in the development of celiac disease. These triggers can include:

- Stress
- Lack of sleep
- A poor diet
- Certain infections

## **Gut dysbiosis**

Gut dysbiosis is an imbalance of the bacteria in the gut. When the gut is healthy, there is a balance between good and bad bacteria. But when the gut is dysbiotic, there is an overgrowth of bad bacteria that can damage the intestinal lining and trigger inflammation.

## **The Role of Gluten**

Gluten is a protein found in wheat, rye, and barley. For people with celiac disease, gluten triggers an immune response that damages the small intestine.

However, gluten is not the only trigger for celiac disease. Other factors, such as environmental triggers and gut dysbiosis, can also play a role.

## **Treatment for Celiac Disease**

The only way to treat celiac disease is to follow a gluten-free diet. This means avoiding all foods that contain gluten, including wheat, rye, barley, and any products made with these ingredients.

Following a gluten-free diet can be challenging, but it is essential for people with celiac disease. By avoiding gluten, you can help to heal your gut and reduce your symptoms.

In addition to following a gluten-free diet, there are a number of other things you can do to help manage your celiac disease, including:

- Following a gut-healing diet
- Reducing stress
- Getting enough sleep
- Taking supplements to support gut health

Celiac disease is a serious autoimmune disease, but it is possible to manage your condition and live a healthy, symptom-free life. By understanding the true cause of celiac disease and following a gluten-free diet, you can take control of your health and reclaim your life.



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