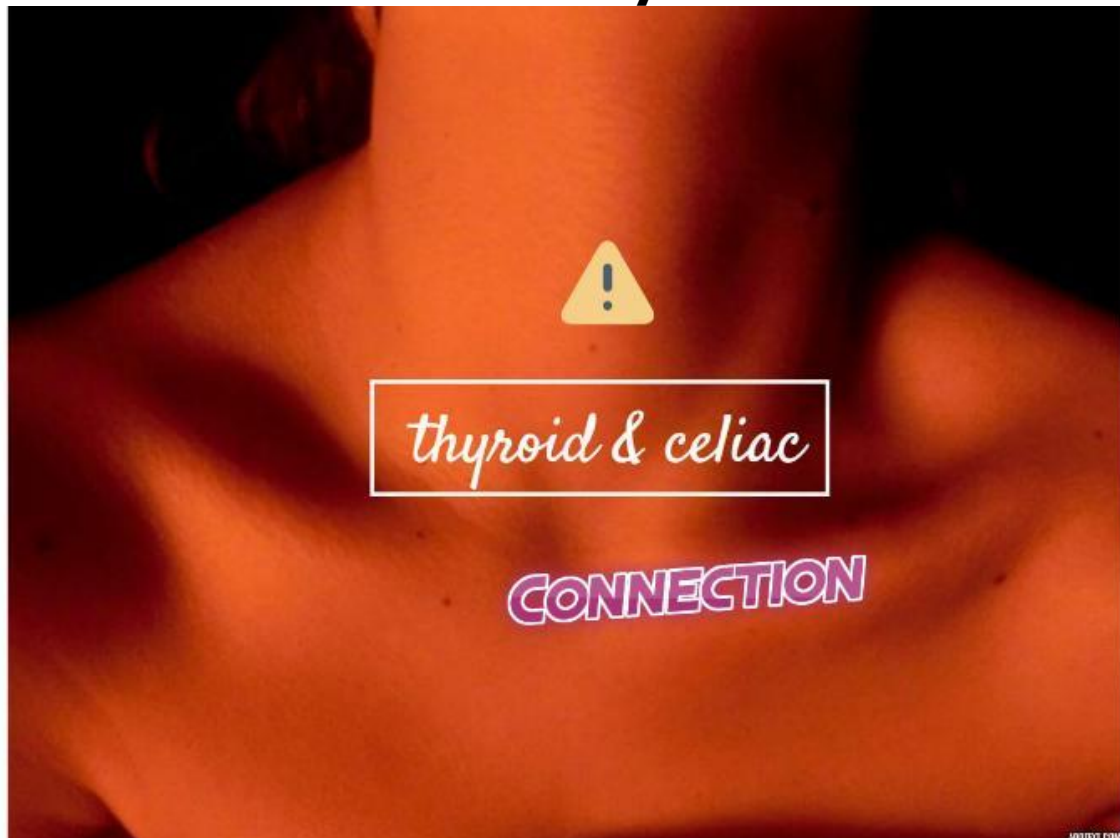


# The Coeliac Disease – Thyroid Connection



[Click HERE to Find Out How You Can Achieve Thyroid Levels within a Short Period of Time](#)

## What is Coeliac disease?

For some people avoiding gluten is a very serious issue as their immune system reacts abnormally to gluten.

Termed coeliac disease, this digestive disorder is associated with inflammation and damage to the lining of the small intestine. This then leads to a range of health problems.

Coeliac disease is one of the most common inflammatory conditions affecting the digestive system. A gluten free diet is advocated for life for those diagnosed with this digestive problem.

Individuals with coeliac disease are so sensitive to gluten that they are not able to eat any foods containing gluten as even a minute amount will prompt a swift immune reaction.

The prevalence of coeliac disease is increasing worldwide. It affects people of all ages, both male and female. Until recent times it was considered a genetic disorder that was discovered during childhood.

A genetic predisposition for developing this problem does exist. However environmental factors play a key role in triggering coeliac disease at any age. This digestive problem can be set off by a stressful event, such as a major infection, injury or surgery.

If a person is unaware their poor health is due to Coeliac disease and they continue to consume gluten containing foods the lining of the digestive system becomes severely damaged. Over time, this leads to low intake of essential nutrients and a further decline in health due to malnutrition.

## **Going Against The Grain**

These days highly refined wheat is the most common source of gluten as it is used in a wide variety of foods found in supermarkets. To meet ongoing demand wheat is grown on an industrial scale.

Along with the development of modern agricultural methods there has also been selective breeding of wheat. Wheat crops now yield a much higher ratio of gluten. The modern, hybrid wheat varieties may be contributing to the higher prevalence of coeliac disease worldwide.

Dr. William Davis is a respected cardiologist and author of *'Wheat Belly: Lose the Wheat, Lose the Weight, and Find Your Path Back To Health'*. He believes aggressive breeding methods and genetic manipulation have turned wheat into a 'Frankenwheat'.

Watch these 2 videos on how to make the right food choices for naturally treating coeliac disease

## **[BEST Gluten-Free Shopping Tips!](#)**

## **[How to Go Gluten-Free](#)**

## **The Selenium -Thyroid Connection**

After iodine selenium is the next most important mineral affecting thyroid function. Several studies have shown that coeliac disease is associated with an increased risk of developing an autoimmune thyroid disease. This is due to low selenium intake or poor absorption of selenium.

The thyroid is particularly sensitive to selenium deficiency because the selenium dependent enzymes are vital to assist activity of the thyroid hormones, including activation of T4 to T3.

Selenium also plays a role in protecting the thyroid gland itself as this mineral boosts glutathione activity. Glutathione is naturally produced by

the body using selenium and a combination of three amino acids sourced from dietary protein – cysteine, glycine and glutamine. Glutathione acts as a potent antioxidant and is highly active within the thyroid to help protect this important gland.

Long term undiagnosed coeliac disease causes damage to the digestive system. This leads to malabsorption of essential nutrients which over time is linked to poor health due to malnutrition. A specific diagnostic test is used to confirm coeliac disease.

**[The Natural Thyroid Diet](#)** guidelines recommend excluding all gluten foods as part of a holistic strategy to recover your thyroid health.

Watch this Video

**[Celiac Disease Diagnosis: Celiac Disease and Thyroid Disease](#)**

Read the following related articles:

**[Warnings: 4 Types of Toxic Cookware to Avoid & Why](#)**

**[What is really The Best Cooking Oil for Thyroid Health?](#)**

**[5 Important Steps for Hypothyroidism Treatment Success](#)**

**[Hormone Problem? Here's Your Hormone Imbalance Checklist](#)**

**[Are Iodine Supplements For Thyroid Health Really Safe?](#)**

**[What is Hashimoto's Thyroiditis?](#)**

**Author Bio:**

Louise O' Connor, the author of **[The Natural Thyroid Diet](#)** –The 4-Week Plan to Living Well, Living Vibrantly, who is a specialist in Thyroid Health. She is a highly regarded Australian Naturopath and founder of Wellnesswork.

The Natural Thyroid Diet goes beyond diet advice and offers practical and effective ways to achieve healthy thyroid levels within just a short period of time. For more details, Click on **[The-Natural-Thyroid-Diet.com](#)**

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