

CELIAC DISEASE

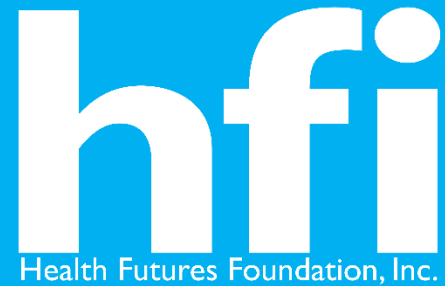
Supportive Management

- Adopt a gluten-free diet.
 - Avoid food which contain wheat, rye, and barley. Some of these include beer, pasta, cereals, bread, cake, and other processed and baked food.
 - Check labels on food packages (e.g. canned, frozen, and processed food). Choose those which contain “gluten-free”, “no gluten”, “without gluten”, or “free of gluten” label, and avoid those containing gluten, wheat, rye, and barley.
 - Include in diet food such as rice, fruits, vegetables, fish, and meat without seasonings and additives. They do not contain gluten.
 - Prepare own meals, choosing ingredients which are gluten-free.
 - When eating outside, ask the one who prepared the food what ingredients were included in creating the meal that is to be eaten.
- Do not take any medications without asking pharmacist regarding possible hidden gluten ingredients within them. This applies to:
 - Vitamin and mineral supplements
 - Over-the-counter and prescribed medications
 - Herbal supplements
- Choose carefully non-food products such as mouthwash, tooth paste, lip stick, lip balm, skin and hair products as some of them may contain gluten.

Herbal Medicine

- **Anis (Licorice) Root**
 - Anti-inflammatory
 - Boild 20 grams of licorice root in 1 liter of water for 15 minutes. Strain. Divide the resulting decoction in 4-5 doses and take throughout the day.

Consult doctor for proper diagnosis and management of condition (e.g. referral to a dietician who could help with meal planning, vitamin supplementation, etc.).



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