

# Glutenrelated disorders in children and adults

With this booklet the author wants to spread information regarding the latest scientific findings about gluten related disorders. Nowadays scientists differentiate between celiac disease and gluten sensitivity. Celiac disease is diagnosed with blood tests and intestinal biopsy. Gluten sensitivity cannot be diagnosed with blood tests and biopsy, only by observing how clinical symptoms improve by excluding gluten. The two conditions cannot be differentiated clinically since their symptoms are similar. It is believed that gluten sensitivity is at least six times more widespread than celiac disease. There are scientists who believe that the frequency of gluten sensitivity may be as high as 30% among people in the West.

Since the 1950's it has been known that gluten can cause abdominal symptoms of pain and loose stools. Additionally researchers have demonstrated that gluten can cause many other symptoms like anemia, osteoporosis, chronic fatigues syndrome, auto immune diseases and cancer. According to some researchers celiac disease and gluten sensitivity does not primarily affect the gut but the brain and the nervous system. These disorders are common causes of headaches, migraine, attention and learning problems, depression, obsessive compulsive symptoms and neurological diseases such as dementia and ataxia.

The author also informs about sensitivity to casein and the importance of a casein free diet in many conditions, e.g. celiac disease, autism, attention and learning difficulties and many physical and emotional symptoms.

Harald Blomberg is a psychiatrist and has long experience of diet treatment in patients with conditions such as autism, ADHD, learning difficulties, psychosis, depression, obsessive compulsive disorders and parkinsonism.



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