

## Wheat/Gluten Intolerances

The notion that **wheat/gluten intolerances** are exclusively a gastrointestinal condition is a historical misconception. **Numerous systems of the body outside of the GI tract have been identified as 'target organs'** for autoimmune response to wheat/gluten ingestion in intolerant individuals.

Approximately 1 out of 12 (7-8%) of the general population has **Autoimmune Thyroid Disease (AITD)**, making it the most frequent autoimmune disease category in the general population. The incidence of this disease in Celiac Disease (CD) is reported between 14.4 and 30%. Echographic examinations of these patients show progressively increasing percentages of **thyroid tissue destruction** rising with age that Celiac Disease is diagnosed. Further, numerous studies have recorded reductions and normalizations of CD, AITD, and **Type 1 Diabetes** antibody levels with the implementation of a **gluten-free diet**.