



**GlutenFreeLifestyle Special BONUS Report...**

## “1 In 10 People Are Gluten Sensitive - Is Gluten Sabotaging Your Health?”

How To Find Out If You, Or Someone Close To You, Is Affected By Gluten Sensitivity And The Simple Solution To Improving Your Health - Easy Steps You Can Follow To Take Control

**Dear Friend,**

I want to share with you a little know fact...

Gluten Sensitivity also know as Gluten Intolerance is reaching epidemic proportions – recent estimates show that it may be affecting as many as 1 in 10 people.

What's more – left untreated, Gluten Sensitivity can wreak havoc on your body in the long term with just some examples including:

1. Permanent Organ Damage
2. Severe Tissue Damage *and*
3. A Hyper Activated Immune System

**Scary - Isn't It!**

But I've got good news. The outlook is not completely bleak. While gluten sensitivity affects *SO MANY* people and most don't even know they *ARE* affected and *CAN* feel better – there *IS* a solution – if you know what it is.

More on that in just a moment...

## How Do You Really Feel?

Before we go on, I want you to ask yourself – do you or someone you know have any of these symptoms?

1. Diarrhea, constipation, gas, stomach pain or bloating?
2. Headaches or migraines?
3. Itchy skin, rashes or blisters, mouth sores?
4. Bone, joint and muscle pain?
5. Unexplained fatigue, weakness, weight loss or irritability?
6. Behavioral issues or depression?

## Well It Might Be Something You Ate!

It may very well be that gluten sensitivity could be the underlying culprit! You see gluten sensitivity can be very sneaky in that it may be masking itself behind any number of these problems – making it difficult to detect. But as I said earlier – there is a very *SIMPLE* way in which you can see for yourself if you could be affected.

## Eliminate Gluten Containing Food From Your Diet Completely!

That's right! The simplest answer is to take away all sources of gluten from your diet. Since gluten is found in wheat, barley and rye and their derivatives – by eliminating foods containing these foods for a few weeks you can see for yourself if you begin to feel better and your symptoms go away.

## But Not So Fast!

Before you **DO** decide you want to go on a gluten free diet you should definitely consult your doctor and express your concerns. Which leads us to the point of...

## Getting Tested

If you DO decide that you want to be tested there are a few things you should know.

1. To be tested you must continue a normal gluten containing diet for up to 4 weeks prior to getting tested – otherwise the tests may not be conclusive
2. You have to ask for the “Right” tests

## Ok So What Are The “Right” Tests?

You see, most doctors when they test for Gluten Intolerance will actually test for Celiac Disease – the most extreme and damaging scale of gluten intolerance.

This will usually involve a referral to a specialist – a Gastroenterologist – and getting either blood tests, genetic tests or a biopsy of the small intestine.

So while these tests will be conclusive for Celiac Disease – they won't tell you if you have a lesser reaction to gluten or suffer from sensitivity to gluten.

So if you have tried to go gluten free for a few weeks and found the results to be positive or perhaps you have been tested for Celiac Disease and the results came back negative yet you still have doubts, you should get tested for “Gluten Sensitivity”

## Tests For ‘Gluten Sensitivity’

These tests can take one of two forms:

1. A stool test
2. A saliva test

Each of these test for slightly different substances that result from the bodies rejection or malabsorbtion of the gluten found in food. Either way these tests will provide a definitive answer to whether or not you have some degree of gluten sensitivity.

## What Happens Next?

Finding out you're gluten sensitive or have celiac disease means a lifelong commitment to following a strict gluten free diet. This can be easier said than done but the benefits of living a healthy symptom free life can far outweigh the disadvantages.

This can be difficult to some people as they suddenly realize just how much of the food they *LOVE* and have always ate (which also made them ill in the process) they must now strictly avoid.

For others there is the problem of constantly having to read food labels or search for *hidden* sources of gluten especially with packaged or manufactured food.

## So How Can I Find Out More?

I know personally how difficult and lost you can suddenly feel – finding out you're gluten sensitive or have celiac disease can suddenly put you on a rollercoaster of emotions: anger, frustration and despair just to name a few – and over the next few weeks, I'll do my best to point you in the right direction.

I have almost finished recording a new video which will help you on your way to becoming gluten free – by sharing with you many of the tips I have learnt as well as telling you a little more about me and how I discovered the underlying cause of my symptoms.

## Until Then...

Thanks for your time, and I'll talk to you soon,

Katie Ross

P.S. If you'd like to get more great gluten free information like this report (and to get access to all my videos) make sure you're subscribed to my free e-mail newsletter. Just go to [www.glutenfreelifestyle.com.au](http://www.glutenfreelifestyle.com.au) to join – and I'll see you inside!