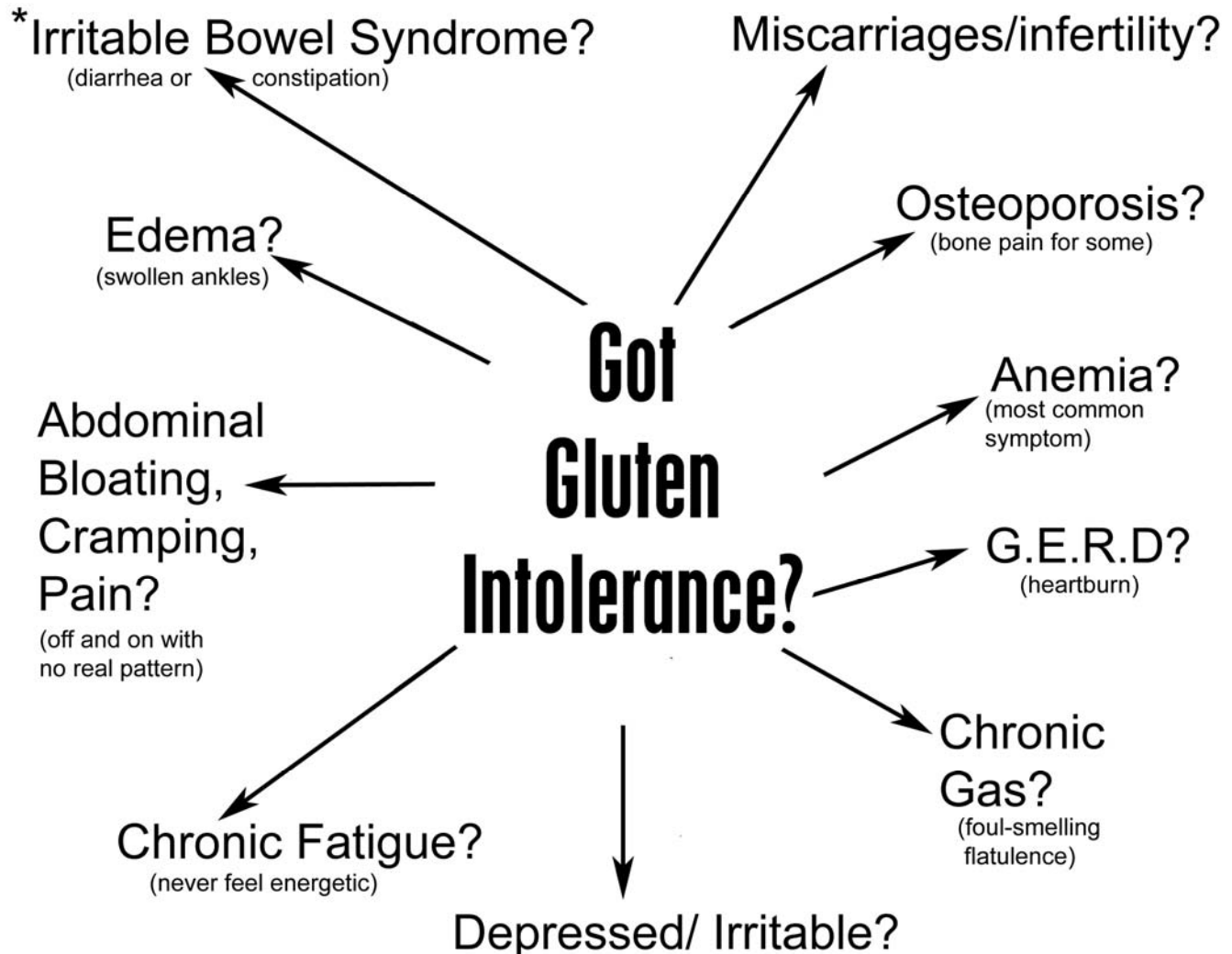


*I.B.S. Cramping Your Style?



- If you have **one, some, or all** of these symptoms, you **could** be suffering from **Celiac Disease**. Other symptoms **may** include dry skin, soft tooth enamel, food cravings, reduced padding on feet and buttocks, diabetes II, skin lesions, migraines and liver problems.
- If your IBS symptoms are caused by **CD**, the cure is a gluten-free diet. (*Gluten is a protein found in wheat, barley and rye, and in all foods containing anything derived from these grains.*)
- Ask your doctor for a blood test and/or DNA test that will tell whether you have this genetically transmitted autoimmune disorder. (*Note: Many doctors are unaware of these tests as many medical schools still are teaching that CD is a rare disease with diarrhea and wasting as the **only** symptoms. The more subtle symptoms are ignored until CD hits the gut.*)
- The latest research indicates **Celiac Disease** occurs in about **one** out of every **130** Americans and is more prevalent in women.

For more information: Call toll free 877-CSA-4CSA, www.csaceliacs.org or visit our

Local web site www.southernarizonaceliacsupport.org/