Good Food for Celiac and Liver Disease

October 18, 2018 By Karen Hoyt

Karen Hoyt is a blogger who has a story about hepatitis C, cirrhosis, end-stage liver disease, liver cancer, and liver transplantation. This excerpt first appeared on Karen's I Help C blog.

To all of you with gluten intolerance, first, let me say: I'm sorry. You're looking for good food for celiac and liver disease. I worked in the kitchen and saved my life with The Liver Loving Diet, I had no idea what celiac was.

Of course, I've heard from you now. If you've gotten this far into my website, chances are there are a lot of foods you can't eat without getting sick right now. You may be starving for nutrition and growing weak. I have read a lot about liver disease over the past 8 years, but I'm just now learning about celiac disease or CD over the last 10 months. I'm diving in.

For those of my readers who don't know: Celiac is an autoimmune disorder where certain gluten (wheat, barley, and rye) products damage the gut.

Symptoms: gas, bloating, diarrhea, constipation, anemia, skin dermatitis, fatigue, joint pain, bruising and….. high liver enzymes.

Cause: Considered to be genetics.

Treatment: One of the best treatments is a gluten free diet. If your liver enzymes are elevated, but there is no damage, you can reverse celiac in many cases. If you already have liver damage, or have an overlap, such as fatty liver, other things will have to be considered.

Gluten Free Diet – There are many good articles and food lists that can help you eat gluten free. The Liver Loving Diet is in the middle of an overhaul edit that will add more information just for the gluten intolerant, but honestly – my book is a pretty thorough diet as it. In the meantime though, read everything you can and talk to the doctor who diagnosed you, and possibly a nutritionist.

To read the rest of this blog, and learn about good food for celiac and liver disease, click here.

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