

WHEATLESS



WARFARE

Welcome to Wheatless Warfare, your ultimate resource for navigating life without gluten!



WHAT IS CELIAC?

Celiac disease is an autoimmune disorder where ingesting gluten triggers an immune response that damages the small intestine lining, impairing nutrient absorption.



WHAT IS GLUTEN INTOLERANCE?

Gluten intolerance is a digestive condition where the body has difficulty processing gluten, leading to symptoms like bloating, stomach pain, and fatigue, without the immune system damage seen in celiac disease.

