

# UNIT 3

Read this article. Highlight with red all the Modals of possibility that you find.

## **NINE SIGNS YOU MAY HAVE A GLUTEN ALLERGY**

So you're feeling tired and headachy, and your digestive system is off (and has been for what seems like forever). Maybe you have some other symptoms: a rash, dandruff, a feeling that you're operating in a depressed and disorganized manner, or are just in a fog. And maybe you've been trying to get pregnant, but it's not working ... and you have no idea why.

You've heard about gluten and know that lots of people are going gluten-free, and you start to wonder: Could I have a gluten allergy, too?

Well, maybe. There are actually five different kinds of gluten allergies, and each has its own set of signs and symptoms. Still, there's plenty of overlap between these five conditions, and many of their symptoms involve the types of sometimes-vague problems listed above: digestive issues, skin issues and neurological issues.

Of course, not everyone with these symptoms will have a gluten allergy — there are plenty of other possible causes for each. But the possibility is worth considering if you and your physician can't identify other potential reasons for your problems. Suffering from one or more of these nine signs could indicate that you may have a gluten allergy and should have some testing done, or that you should talk to your doctor about a trial of the gluten-free diet.

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Read on for the details on nine signs that may indicate you have a gluten allergy:

1. Dysfunctional Digestion
2. Intractable Dandruff
3. Itchy, Scratchy Rash
4. Foggy Brain
5. Pounding Headaches
6. Pins and Needles
7. Attention Deficits
8. Depression, Anxiety and Irritability
9. Infertility or Trouble Conceiving

Anderson, J. Nine Signs You May Have A Gluten Allergy.

Celiacdisease.about.com (Updated February 16, 2014).

<http://celiacdisease.about.com/od/glutenintolerance/ss/Nine-Signs-You-May-Have-A-Gluten-Allergy.htm>