

## Celiac Disease: What Is It and Where to Find Help

### What is it?

**Celiac Disease** (CD), also known as coeliac disease or celiac sprue, is an autoimmune disease caused by an intolerance to gluten, a protein found in wheat, barley, and rye. The current treatment for it is a gluten-free diet.

### Help

There are many sources of help available in most communities, all over the internet, and most likely in your hometown.

### Online Resources:

**Celiac.com**

[www.celiac.com](http://www.celiac.com)

**GlutenSyndrome.net**

<http://www.glutensyndrome.net>

**Gluten Free Society**

<http://www.glutenfreesociety.org>

**Celiac Handbook**

<http://www.celiachandbook.com>

**Gluten-Free Restaurant Awareness Program**

<http://www.GlutenFreeRestaurants.org>

**Celiac Disease Center at Columbia University**

<http://CeliacDiseaseCenter.columbia.edu>

**The Food Allergy Network**

<http://www.foodallergy.com>

### Groups

You can locate a local celiac support group by searching the internet and contacting the national celiac disease organizations and asking for information about groups in your area. Here is the contact information of some of the leading celiac disease organizations in the country.

**American Celiac Society**

P.O. Box 23455  
New Orleans, LA 70183-0455  
(504) 737-3293  
<http://www.americanceleliacsociety.org>

**Celiac Sprue Association/USA, Inc.**

<http://www.csaceliacs.org>

**Celiac Disease Foundation**

<http://Celiac.org>

**National Foundation for Celiac Awareness (NFCA)**

<http://www.celiaccentral.org>

**Gluten Intolerance Group of North America**

31214 124th Ave SE  
Auburn, WA 98092-3667  
(253) 833-6655  
[www.gluten.net](http://www.gluten.net)

**R.O.C.K (Raising Our Celiac Kids)**

<http://www.celiackids.com>

**Kids with Food Allergies, Inc.**

<http://www.KidsWithFoodAllergies.org>

**American Celiac Disease Alliance**

<http://www.americanceleliac.org>

**Resources:**

United States of America: Celiac Disease Support Groups and Organizations

<http://www.celiac.com/categories/Celiac-Disease-Support-Groups,-Organizations-%26-Contacts/United-States-of-America%3A-Celiac-Disease-Support-Groups-and-Organizations/>

National Digestive Diseases Information Clearinghouse: What is celiac disease?

<http://digestive.niddk.nih.gov/ddiseases/pubs/ceciac/#what>

**Tina Turbin, Founder of <http://GlutenFreeHelp.info>  
Your Dependable Celiac and Gluten-Free Resource Guide**

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