

Gluten-free diet relieves 'brain fog' in patients with Celiac disease

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Individuals with celiac disease often experience 'brain fog' in addition to intestinal problems, but a new study shows that adhering to a gluten-free diet can lead to improvements in cognition that correlate with the extent of intestinal healing.

The *Alimentary Pharmacology & Therapeutics* findings indicate that ridding the diet of gluten may help address problems that [celiac disease](#) patients can experience related to attention, memory, and other mental tasks.

"The study outcomes highlight the importance for individuals with celiac disease of maintaining a gluten-free diet not just for physical well-being but also for mental well-being," said senior author Dr. Greg Yelland.

More information: Lichtwark, I. T., Newnham, E. D., Robinson, S. R., Shepherd, S. J., Hosking, P., Gibson, P. R. and Yelland, G. W. (2014), Cognitive impairment in coeliac disease improves on a gluten-free diet and correlates with histological and serological indices of disease severity. *Alimentary Pharmacology & Therapeutics*. DOI: [10.1111/apt.12809](https://doi.org/10.1111/apt.12809)

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