

## **Bread: Staff of Life?**

### **Gluten Intolerance**

Bread and grains, foods that have been the mainstay of the American diet for generations, could in fact be the cause of a wide variety of undiagnosed, chronic health problems. Despite the fact that dietary fiber found in these foods is a necessary part of any healthy diet, many contain the “gluten” protein, a substance that might be toxic to your body. According to studies conducted by *The University of Maryland Center for Celiac Research*, nearly two million people in the United States are known to react to gluten. This statistic leads doctors to believe that up to 60% of Americans, especially those of northern European descent, are genetically predisposed to a condition known as “gluten intolerance”.

Unlike many other health concerns, you could be gluten intolerant and not know it until long after the damage has been done. To further complicate matters, symptoms that do occur – including diarrhea, weight loss, abdominal pain, chronic fatigue, and weakness – could be confused with many other conditions; this leaves gluten, the real culprit, either misdiagnosed or undiagnosed. During childhood, symptoms often include allergies, asthma, upset stomach and milk intolerance. In many cases these early symptoms disappear and then reappear between the ages of thirty and sixty. Only a technical assessment of your health can confirm or deny gluten intolerance.

### **How gluten affects the body**

Gluten intolerant individuals have genes that recognize gluten as a toxic substance. When they consume foods containing gluten, they set in motion a chain reaction that begins as an inflammation in the lining of the small intestine. The inflamed intestinal wall must now fight off the foreign invader and try to repair any damage before it is able to properly digest and absorb nutrients.

This reaction, which can go undiagnosed for decades, prevents healthy digestion of protein, vitamins, minerals and essential fatty acids and places an enormous strain on the immune system. As long as the destruction is allowed to continue, the body becomes increasingly susceptible to a wide range of bacteriological and parasitic infections, viruses, fungi, yeast and food intolerance. For the gluten-intolerant person, eating gluten opens the door to chronic illness and degenerative diseases such as cancer and osteoporosis. If the body cannot properly take in nutrients, it will suffer.

If you are gluten intolerant you should avoid these foods (and possibly others as determined by a laboratory assessment of your body’s response to the offensive molecules in gluten): Amaranth, Barley-including bran, meal and flour, Bulgar, Cereal Binding, Couscous, Durum, Emmer, Einkorn, Graham Flour, Kamut, Malt-including flavoring, syrup, vinegar, etc., Oats, Oat Bran, Oat Syrup, Oatmeal, Orzo, Quinoa, Rye-including meal and flour, Semolina, Spelt, Teff, Triticale, Tricale Flour and Wheat-including bran, germ, starch.

### **Are you gluten intolerant?**

Checking to see if you are gluten intolerant is a simple procedure that requires the laboratory findings of a saliva and blood sample.

### **Take action and live better, longer**

Once you discover that you are gluten intolerant the best thing you can do is eliminate all foods that contain gluten. Any other choice could leave you to face a troubled future filled with serious health problems and preventable suffering. Which choice would you make? Find out if the food you eat is silently destroying your health.