

What is Gluten?

Gluten (from Latin gluten "glue") is a protein composite that appears in foods processed from wheat and related species, including barley and rye. It gives elasticity to dough, helping it to rise and to keep its shape, and often giving the final product a chewy texture.

As cases of known gluten sensitivity increase, many foods in the western world are now labeled to clarify whether they contain gluten.

Gluten is the composite of a gliadin and a glutelin, which exist, conjoined with starch, in the endosperm of various grass-related grains. The prolamin and glutelin from wheat - gliadin, which is alcohol soluble, and glutenin, which is only soluble in dilute acids or alkalis - compose about 80% of the protein contained in wheat seed. Being insoluble in water, they can be purified by washing away the associated starch. Worldwide, gluten is a source of protein, both in foods prepared directly from sources containing it, and as an additive to foods otherwise low in protein.

The seeds of most flowering plants have endosperms with stored protein to nourish embryonic plants during germination. True gluten, with gliadin and glutenin, is limited to certain members of the grass family. The stored proteins of maize and rice are sometimes called glutens, but their proteins differ from wheat gluten by lacking gliadin. *Source- Wikipedia

Are you Gluten-Sensitive? One in ten people are Gluten-Sensitive! Is it affecting you?

What does Gluten-Free mean? A gluten-free diet means avoiding all foods which contain wheat, barley and rye and possibly oats.

One in ten people react to Gluten!

Do you have any of these problems?

- Do you feel tired and exhausted?
- Do you have eating problems?
- Is your tummy uncomfortable?
- Do you have bad skin?
- Do you experience bloating or gas trouble?
- Are you unhappy with your weight?
- Do you have gastric reflux or heartburn?
- Do you find it hard to think clearly?
- Do you suffer from headaches or migraines?
- Is your child hyperactive or cranky?
- Do you feel depressed or moody?

- Is your child's growth a problem?
- Do you have diarrhea or constipation?
- Do you lack energy?

If you experience any of these symptoms above then you could be gluten sensitive or gluten intolerant.

What is Celiac Disease?

Celiac disease is an autoimmune digestive disease that damages the villi of the small intestine and interferes with absorption of nutrients from food. What does this mean? Essentially the body is attacking itself every time a person with celiac consumes gluten.

Celiac disease is triggered by consumption of the protein called gluten, which is found in wheat, barley and rye. When people with celiac disease eat foods containing gluten, their immune system responds by damaging the finger-like villi of the small intestine. When the villi become damaged, the body is unable to absorb nutrients into the bloodstream, which can lead to malnourishment.

Left untreated, people with celiac disease can develop further complications such as other autoimmune diseases, osteoporosis, thyroid disease, and cancer.

*Source-Celiac Central <http://www.celiaccentral.org>

