

Is Gluten Bad - Not for many people

Some people in the media suggest gluten-free diets to lose weight, boost energy, treat autism, or generally feel healthier. BUT many health authorities including John Hopkins state for centuries, foods with gluten have been providing people with protein, soluble fiber and nutrients. Gluten in itself, especially gluten found in whole grains, is not bad for healthy people whose bodies can tolerate it says Hopkins as well many other reliable sites. Bottomline: Gluten is only bad for people with celiac disease and dermatitis herpetiformis, which is a very small percentage of the population. Some people may be somewhat sensitive, but this too is a small percentage. According to Harvard Health a related condition called gluten sensitivity or non-celiac gluten sensitivity can generate symptoms similar to celiac disease but without the intestinal damage. Not long ago, celiac disease was diagnosed by a process of elimination. Today it can be identified with a blood test for the presence of antibodies against a protein called tissue transglutaminase. A biopsy of the intestine confirms the diagnosis. So if you feel you have it get TESTED versus eliminating gluten. Because many grains contain gluten and many of these grains are naturally high in fiber, helping you feel full and satisfied — which makes it easier to maintain a healthy body weight. Whole grains are also linked to a lower risk of heart disease, diabetes, certain cancers and other health problems.

What I have found is that there is no conclusive or strong evidence that gluten is bad for the average person's health. What is also interesting is that gluten-free foods are of ten more processed and less nutritious. [SEE MORE HERE](#)



Celiac's disease is Serious

In people with celiac disease, gluten in the bloodstream triggers an immune response that damages the lining of the small intestine. This can interfere with the absorption of nutrients from food, cause a host of symptoms, and lead to other problems like osteoporosis, infertility, nerve damage, and seizures. Just 50 milligrams of the protein—about the amount in one small crouton—is enough to cause trouble. An estimated 1 in 133 Americans, or about 1% of the population, has celiac disease. IF YOU SUSPECT YOU HAVE CELIAC'S DISEASE TALK TO YOUR HEALTH CARE PROVIDER. [SEE MORE HERE](#)