

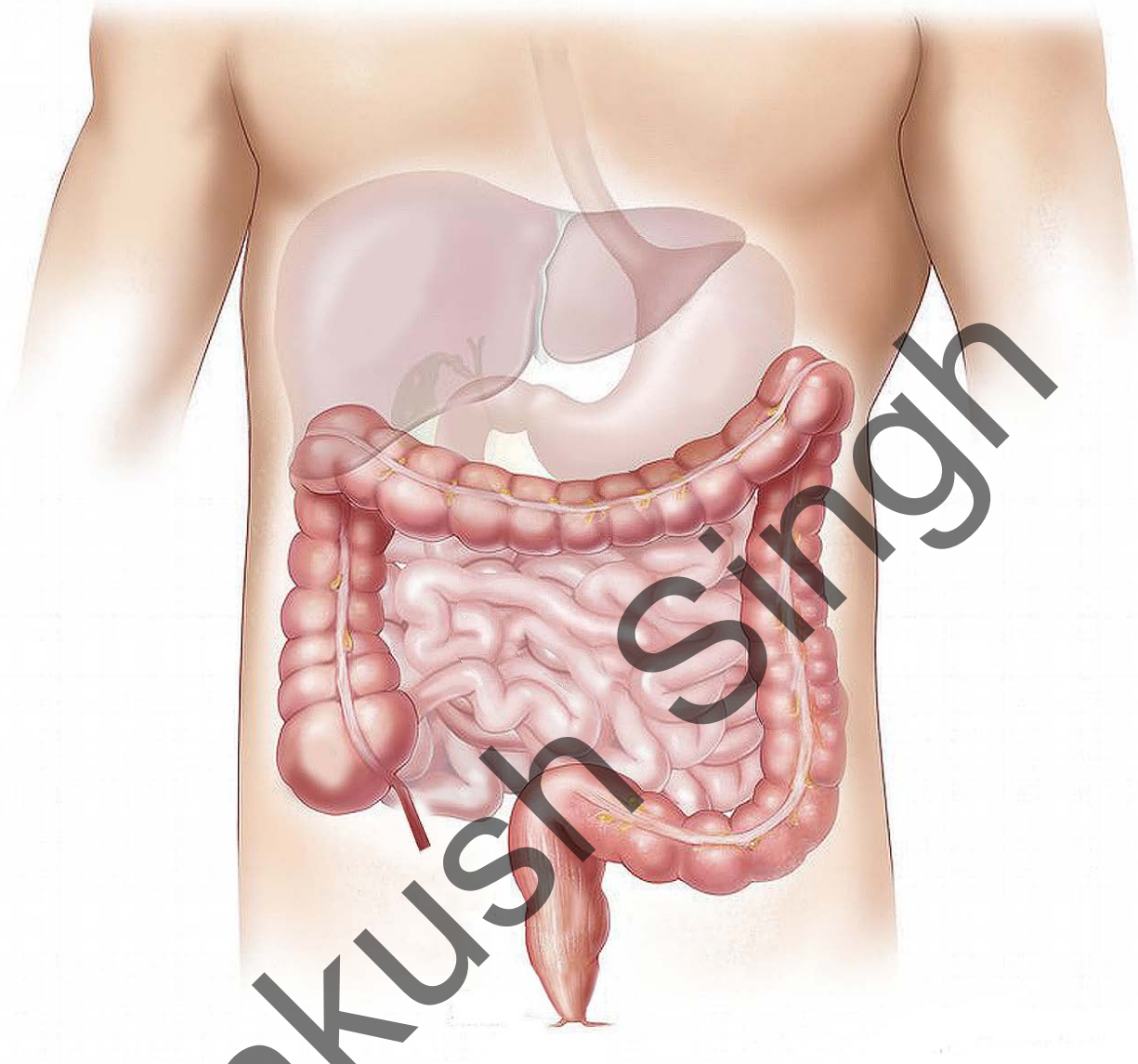
Gluten

Gluten is basically a composite of storage proteins termed *prolamins an glutelin* which is found in wheat and other similar grains including barley, rye and oats. It could even be found in a few hybrids of these grains such as spelt, khorasan, emmer, einkorn and triticale. Gluten is a Latin word that means "glue" and is appreciated for its viscoelastic properties. It gives elasticity to dough, helping it rise and keep its shape and often gives the final product a chewy texture. However there are some drawbacks of consuming gluten.

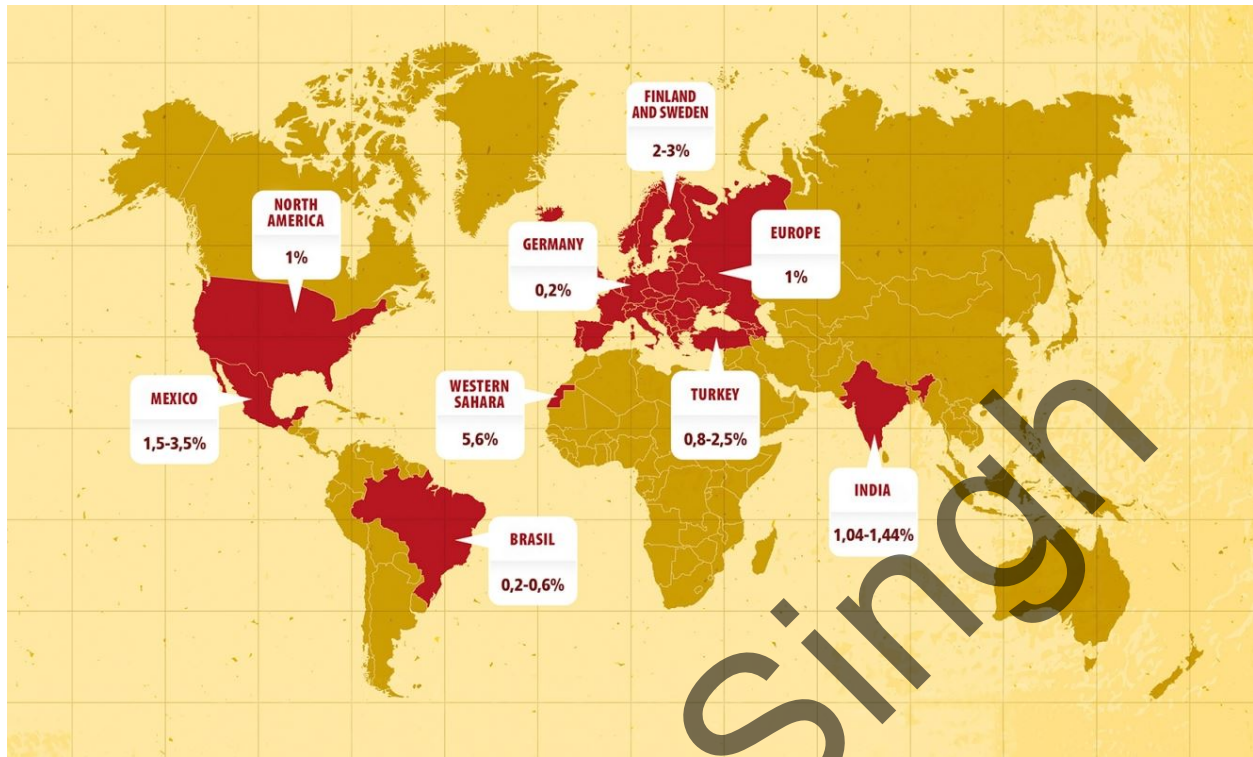


Is Gluten Bad?

The question- 'is gluten harmful?' might have many answers. Well to be honest, it is generally not that harmful for all of us. But for some people, it could be as bad as doomsday. The past decade has seen a huge rise in the people who possess *not-so-friendly-toward-gluten* immune systems.



These people suffer from a disease called the Celiac Disease. When gluten reaches the digestive tract of people suffering from Celiac Disease and is exposed to the cells of their respective immune system, the immune system mistakenly believes it (gluten) to be coming from some sort of foreign invader (bacteria, virus etc.). This causes the immune system to mount an attack against the mistaken enemy. However, the immune system also begins to attack an enzyme present within the cells of the digestive tract called *tissue transglutaminase*. The immune reaction can cause degeneration of the intestinal wall, which leads to nutrient deficiencies, various digestive issues, anemia, fatigue and an increased risk of many other serious diseases. This is the reason why Celiac Disease is classified as an autoimmune disease.



Celiac disease is believed to afflict about 1% of people, but it may be more common (over 2%) in the elderly. There are also studies show the rapidly increasing rate of celiac disease is in the world population.

Does Gluten Affect People Other Than Celiacs?

Yes! There are people who are allergic to gluten but do not exhibit the symptoms of Celiac Disease. The gluten allergy causes bloating, stomach pain, fatigue, diarrhea and pain in the bones such joints in many people. The people who are not Celiacs but are still allergic to gluten suffer from a rather common disease called the NCGS or Non Celiac Gluten Sensitivity.

Cure To Gluten Effects

The only prevailing cure to Celiac Disease and NCGS is following a strict gluten free diet.

Gluten Free Food List

There are many naturally gluten-free grains that you can still enjoy. And the best part is that many of these grains can be found in your local grocery store. There are however, some lesser-known grains that may only be found in specialty or health food stores.

The following grains and other starch-containing foods are naturally gluten-free:

- Rice
- Cassava
- Corn (maize)
- Soy
- Potato

- Tapioca
- Beans
- Sorghum
- Quinoa
- Millet
- Buckwheat groats
- Arrowroot
- Amaranth
- Teff
- Flax
- Chia
- Yucca
- Gluten-free oats
- Nut flours

Why Is Gluten Free Diet Good?

Even though gluten primarily affects the intestine, it can also have severe effects on the brain. Many cases of neurological illness may be caused and/or exacerbated by gluten consumption. This is called gluten-sensitive idiopathic neuropathy.

A study of patients with neurological illness due to an unknown cause revealed that 30 out of 53 patients (57%) had antibodies against gluten in the blood. There are several other brain disorders like Schizophrenia, Autism and Epilepsy respond well to a gluten-free diet.

If you have any neurological problems and your doctor doesn't have a clue what is causing them... you might want to try removing gluten from your diet. Don't get all tensed up! Gluten free diet (which means pretty much everything) includes anything that does not contain gluten in it. On top of that, gluten free recipes (which are also lip-smackingly delicious) are easily available on the internet. So just use that data connection of yours for some good and stay healthy.