

# What Gluten Is, Why It Affects So Many People, and Natural Ways to Reduce

Gluten is a protein found in wheat, rye, and barley. It is responsible for the chewy texture of bread and other baked goods. For many people, gluten is difficult to digest and can cause a variety of symptoms including bloating, gas, diarrhea, and abdominal pain.

Celiac disease is an autoimmune disorder in which the body attacks its own small intestine when gluten is consumed. This can lead to damage to the small intestine and a variety of health problems including weight loss, fatigue, and anemia.



## Food 101 - Gluten: What Gluten Is, Why it Affects So Many People, and Natural Ways to Reduce Symptoms of Intolerance by Kevin Mullani

★★★★☆ 4.3 out of 5

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Non-celiac gluten sensitivity (NCGS) is a condition in which people experience symptoms similar to celiac disease after eating gluten, but do

not have the autoimmune response. NCGS is thought to be caused by a combination of factors including genetics, gut bacteria, and immune function.

If you think you may have celiac disease or NCGS, it is important to see a doctor to get tested. There is no cure for celiac disease, but it can be managed by following a gluten-free diet. There is no specific treatment for NCGS, but avoiding gluten can help to reduce symptoms.

### **Why Gluten Affects So Many People**

There are a number of reasons why gluten affects so many people. One reason is that the modern diet is high in processed foods that contain gluten. Another reason is that the wheat that is grown today is different from the wheat that was grown in the past. Modern wheat is higher in gluten than older varieties.

In addition, some people may be more genetically susceptible to gluten intolerance. For example, people with a family history of celiac disease or NCGS are more likely to develop these conditions.

### **Natural Ways to Reduce Gluten**

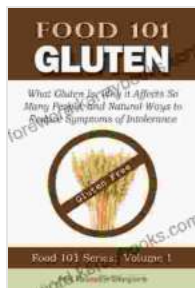
If you think you may be gluten intolerant, there are a number of natural ways to reduce your intake of gluten. One way is to eat more whole, unprocessed foods. Whole foods are naturally gluten-free.

Another way to reduce your intake of gluten is to read food labels carefully. Many processed foods contain hidden gluten. Be sure to check the ingredients list for any foods that you are not sure about.

You can also find gluten-free products in most grocery stores. Gluten-free products are made with alternative grains such as rice, quinoa, and millet.

If you are gluten intolerant, it is important to follow a gluten-free diet. A gluten-free diet can help to improve your symptoms and prevent long-term health problems.

Gluten is a protein found in wheat, rye, and barley. It can be difficult to digest for many people and can cause a variety of symptoms including bloating, gas, diarrhea, and abdominal pain. If you think you may be gluten intolerant, it is important to see a doctor to get tested. There is no cure for celiac disease, but it can be managed by following a gluten-free diet. There is no specific treatment for NCGS, but avoiding gluten can help to reduce symptoms.



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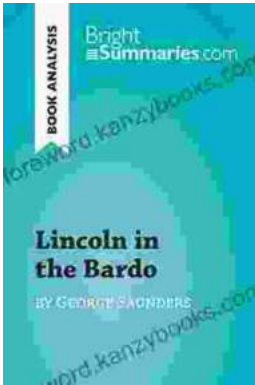
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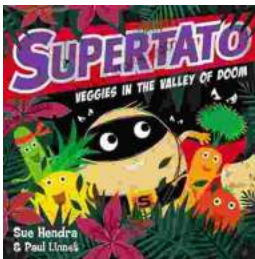
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