

Health Information

The Famous 5!

Gluten:

You might be wondering about the reasons for ditching products containing gluten during Core Vitality Cleanse. You might be asking yourself the following questions ...

Is gluten really that bad?

and

What is Gluten?

To answer those questions take a look at this short video clip by Dr Mark Hyman

<http://vimeo.com/80977190>

Should you be gluten free?

Bring gluten free is not necessarily better for you if you are still overloading your body with carbohydrates.

Gluten free foods are heavy in carbohydrates just like those made with standard wheat flour and in convenience foods they are no healthier in general apart from the lack of gluten.

However you should be gluten free if you have:

- A Gluten intolerance
- A Gluten sensitivity
- or Celiac disease

Celiac disease is an auto immune disease, where the body sees the gluten as a threat and causes inflammation to the villi, small finger like protrusions lining the intestines. This damages the villi and their ability to absorb nutrients thus causing the sufferer to become malnourished, often losing weight regardless of the amount of food they are eating.

Weight loss is one of the symptoms of Celiac disease, as well as stomach pain, bloating, gas (wind), diarrhea, nausea etc, also common symptoms in other diseases such as Crohn's disease, irritable bowel disease, intestinal infections etc, making it very hard to diagnose.

Biopsy or blood tests can confirm diagnosis.

A gluten intolerance irritates the gut and can cause abdominal pain, bloating, diarrhea and flatulence but is not an immune response by the body and it is not yet clear if it causes long term or permanent damage to the intestines.

A gluten sensitivity, a less serious form of a gluten intolerance seems to be affecting more people each year, possibly due to our over reliance on wheat products in the western diet and can cause similar symptoms to those above, but is not thought to cause damage to the intestinal lining.

So should you be gluten free?

Try it an see, is my advice, which is why you are omitting gluten on the **Core Vitality Cleanse!**

After three weeks without gluten you will have a good idea if you have a body that feels better gluten free.

For more information go to the link below for an informative article by Dr Sara Gottfried

<http://www.saragottfriedmd.com/gluten-free>