

Is Gluten Intolerance a New Thing?

by

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For those who are struggling with the idea that gluten-intolerance, celiac disease and wheat allergies are a relatively new problem. Consider this: celiac disease was first diagnosed around 250 AD by Aretaeus of Cappadocia. He called it koiliakos, which means suffering in the bowels. It was not until 1856 that a British Doctor, Matthew Baille, translated the works of Aretaeus and used the term celiac.

In 1953 William-Carol Dicke, a Dutch physician, wrote his thesis on wheat intolerance and recalled how during WWII the bread shortages resulted in the dramatic improvement of celiac patients. Today we know that over 300 symptoms can be attributed to celiac disease and gluten intolerance. Imagine what would happen if all those who have this disease started to eat gluten-free. The health of the world would greatly improve. Farmers profits will go up and pharmaceutical profits will go...well, you know.

The main culprit in blocking your ability to absorb nutrients is a food that is the most common on the planet: wheat. This grass-type grain is the number one grain of choice for baked products. Yet, wheat has a higher glycemic value than sugar. This makes wheat the main culprit in Type 2 Diabetes, not sugar. When sugar is mixed with wheat the glycemic index skyrockets.

Why is wheat the grain of choice in the food industry? Wheat is the easiest product to grow and the easiest to process. For farmers and food manufacturers, this is a big boom to the bottom line. But, wheat is not the best fuel for your body. Wheat was tested in the feed of Wisconsin dairy cows in the early 1900s. The more wheat the cattle ate, the more problems they had. Farmers complained of cows that were no longer producing at the same level, losing their calves and dying. The same symptoms humans have with celiac were seen in these cows. The farmers stopped feeding the cows wheat and the cows improved dramatically. Dogs and cats were tested in the 1940s with a diet that included wheat in their food. How did they respond? You guessed it. They also had extreme problems similar to cows. The poor animals acted like they had been given drugs. They would run around in circles. Their symptoms were similar to children diagnosed with ADD and ADHD. They had chronic diarrhea, joint pain, etc. Wheat was taken out of the pet foods, for a while. For a good article on celiac and pets go to <http://dogtorj.tripod.com/id32.html>

If wheat is not good for our animals then why on earth would we feed it to ourselves and our children? MONEY! It costs more to produce good nutritious food. And people do not want to spend money on good nutritious food. For some reason we would rather pay the hospitals, doctors, pharmaceutical companies and insurances companies billions of dollars instead of investing in our own health with the best food the planet can produce. If we were willing to pay for and insist on good food from our farmers, food manufacturers and grocers, we would all be healthier and the cost would go down.

Rather than looking longingly at that fast food hamburger which is full of chemicals and preservatives, imagine that "food" as being the same as dirty motor oil and dirty fuel. The more often you put dirty oil in your car's engine and dirty fuel in your car, the sooner it will develop mechanical problems. It will soon wear out and break down. Your engine will require a complete overhaul. Your body, however, is not quite like a car engine. It may not survive a complete overhaul after years of being contaminated. Therefore, it makes sense to get the best possible fuel and lubrication possible for your personal engine, your body, all your natural life.

Clean, natural and organically grown broad spectrum of vegetables, fruits and berries give you the best chance of living well. And now thousands have found that a gluten-free diet not only makes you feel better, it has the power to heal. Couple that along with broad spectrum whole food supplements and you have a recipe for health that will keep you well until you die of old age instead of dying old and sick.

Going gluten-free and eating foods that contain good clean nutrition is the best decision you can make. By the way, gluten-free foods can be tasty and satisfying. Not all GF foods are cooked or baked equal. Find high protein GF foods for the most satisfaction.

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