

Gluten May Be a Toxin No One Should Eat!

www.glutenfreebylindy.com

Most of us are aware of nut allergies and peanut allergies. Now, because celebrity's are in the news talking about the need to be gluten-free we are much more aware of gluten-intolerance, celiac disease and the effects of foods on autism. Although children seem to be the most susceptible to these food issues, more and more adults are becoming aware of discomfort or sickness after years eating these products.

According to thefooddoc.blogspot.com wheat gluten has been suspected as a possible cause in the epidemic of kidney failure and death of dogs and cats from pet food. The blog also contains information on research done in 1948 to prevent seizures in dogs who were fed wheat gluten. It is possible that a condition called "running fits" and "canine hysteria" is caused by wheat gluten. Death, blindness, seizures, and ataxic neurological symptoms are described in dogs fed meal made with wheat gluten. Many of the symptoms in these animals are identical to those experienced by humans with untreated celiac disease and gluten sensitivity." Over one hundred years ago, Wisconsin dairy farmers discovered that cows who were given wheat gluten in their feed and were not given added supplementation of cod liver oil, bone meal and common salt, had delayed or failed onset of menstrual cycle, pregnancy difficulties, miscarriages, premature births, calves that died shortly after birth, growth failure, neuromuscular impairment including difficulty walking, blindness and death."

Gluten just may be the best poison on the planet for making us chronically ill but not quite killing us. The gluten protein called gliadin is the cause of all kinds of reactions. Symptoms of gluten-intolerance may not be present for many years. Then one day a rash appears or the stomach will swell. Some will have a lack of energy, even though they slept all night. There are those who become irritable, anxious, depressed. It is very common for gluten to cause migraine or headaches. As you can see the symptoms are as varied as the individual. It is very important for individuals to monitor their diet and take note of any type of reactions, even if that reaction is "mild."

Wheat is our most common grain of choice for baking. It is the cheapest to grow and harvest. Since the news about celiac and gluten intolerance is growing, many companies are scrambling to produce gluten-free products. Most of these products lack flavor or worse. Learning to cook gluten-free is probably your best hope. Over the years we became accustomed to processed readymade foods. Unfortunately, wheat and its sister grains have been manipulated by labs for resistance to herbicides and pesticides. The evidence is easily accessible and it proves we all feel better and live better when we eat organically grown and unprocessed foods. That reminds me of the old TV commercial that said, "it's not nice to fool mother nature."

For those who hate to cook or bake, it may be helpful to start your own family support group. Our busy lives do not allow much time for down home cooking. However given the alternative it makes sense to take control what we eat. If you have celiac disease or have gluten intolerance you must take control or suffer terribly. You are not alone. There are support groups in communities all over the country. There you may find the help and understanding you need to become healthy in a gluten-free life style. Soon everyone may find the gluten-free life is the best.