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Gluten molecule is found in un-sprouted wheat and also in the other whole grains commonly thought of as healthy like rye, barley, spelt, and triticale. Similar irritants are located in other sticky protein complex carbohydrates, like the tasty oats and brown rice. Any of these grains may be responsible for acute reactions the eater has not yet connected to a disease condition developing in the body like an auto-immune disorder. The clincher is - the highest content of Gluten is found in the bran of the whole grains and most fibers can be very problematic, even corn and regular potatoes.

The Gluten Story

Why Gluten has taken center stage being demonized more recently - is due to the Whole Grain & High Fiber Revolution! It has been picking up speed for the past 40 years. Coupled with the upsurge of milk product (complex carbohydrate) consumption, being consumed at an all-time record high, along with more refined sugar (complex carbohydrate) sneaking back into favor with health foods, dessert coffee and desserts! Society's digestion capacity is malfunctioning, TILT - TILT - TILT!!!!

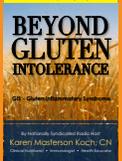
People are at an all-time low on the health scale and their digestion just cannot keep up with all the insults! What follows in the gut is big time inflammation which results in tissue damage and reduced absorption. Then comes malnutrition of valuable nutrients like B12, setting the stage for disease development. It is a dismal situation, yet there is a way out. Reduce the amount of the offending inflammatory catalysts, accent smart nutrition (GIS Diet), and add the short-cut supplements that support the body for repair and function of the intestinal tract.

I find that a quality Aloe Vera juice is my number one choice. Select a concentrated product if at all possible for faster results. When you see the dark golden color of an Aloe juice, you know it contains the bitter actives and natural anti-inflammatory agents that both support digestive health and give you the desired results! Also, I prefer fish oil over other oils (including the Vitamin A & D) and a good Probiotic (friendly bacteria) with a tableted or liquid Multiple Vitamin & Mineral. Together this protocol along with healthier lifestyle choices, allows renewal of the body at any age. - Enjoy! 🌿



Bio:

Karen Masterson Koch is a clinical nutritionist and health educator with over 25 yrs. experience in counseling in Southern California. Karen is an expert on gluten and author of Beyond Gluten Intolerance, is available through Amazon, Barnes & Noble or by calling 1-800-414-2563. www.beyondglutenintolerance.com



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