

The Case for a Gluten-Free Diet

The wisdom of consuming a diet that is free from gluten is a somewhat controversial subject of discussion. Such a diet is naturally completely devoid of ingredients present in cereals that contain gluten such as wheat, barley, oats, rye and triticale. By contrast, rice, tapioca, maize, millet, arrowroot and sorghum are some grains that do not contain gluten.

Medical necessity. Many people are required to follow a gluten-free diet because of medical conditions such as dermatitis herpetiformis and coeliac disease. In addition, doctors have also expressed the opinion that a gluten-free diet may be helpful for sufferers of multiple sclerosis, autism, as well as various other conditions such as ADHD etc. This has been medically proven through experiments on affected children.

These children were then compared with a control group that did not receive the gluten free diet. The control group displayed many more symptoms of autism than the group that received the gluten free diet.

If you are one of those people for whom avoiding gluten is a medical requirement, you need to check ingredients very carefully. This is because gluten occurs in many forms, and many ingredients contain by-products of wheat or barley.

Time to sit up! For instance, you may well be a sufferer of coeliac disease. If this is so, it will simply mean that in the interests of your general health, you will need to steer clear of all foods containing gluten. This may appear to spell disaster for you, considering the number of regular foods that contain gluten, but it's not half as bad as it sounds.

No need to despair. Consuming a gluten free diet would once have meant that bread, pasta and a number of convenience foods would be off limits. Fortunately, there are now a myriad of gluten-free foods and beverages, safe for consumption by people who have a low gluten tolerance. There's even a low gluten beer that is steadily gaining popularity!!

A gluten-free diet offers a number of benefits. For one thing, it is far easier to digest and is therefore better for intestinal health. This naturally means such a diet is more stimulating to the digestion. Of course, if you have a problem with gluten, you'll have to watch everything you eat carefully, because colouring agents and other additives may also contain gluten

If that sounds like too much trouble, remember that it will be well worth it, considering that gluten intolerance could make your life a misery. On the other hand, avoiding gluten could offer you the best of both worlds - even extending to alcohol..... Times have changed and apart from foods, there are now even many different varieties of alcohol that are safe for people who have an intolerance to gluten.

So if gluten is a problem for you, you now have quite a few choices that will ensure that life is still worth living! – and the best part is that you will be better off for it!!

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