

# DID YOU KNOW...

**research is proving that gluten affects many common health disorders?**



Gluten intolerance is the inability to digest or break down the protein gluten that is found in many grains, such as wheat, barley, rye, spelt and some oats. According to Alessio Fasano, MD, director of the University of Maryland Center for Celiac Research, this condition can range from a mild sensitivity to gluten to full-blown celiac disease.

However, gluten-intolerance and celiac disease are no longer the only reasons to choose a gluten-free diet. Research is proving that gluten can irritate many other conditions such as diabetes, rheumatoid arthritis, infertility, thyroid disease and osteoporosis. Additionally, many patients report back that a gluten-free diet has proven helpful in overcoming fatigue and increased weight-loss.

While experts don't know exactly why it helps, research is proving that a gluten-free diet can help with many auto-immune disorders like lupus, chronic fatigue syndrome, Sjogrens syndrome, multiple sclerosis, Graves' disease, Hashimoto's and rheumatoid arthritis. According to a recent article in the Albany Times, some experts "feel strongly that an underlying allergy to gluten could be a source of neurological insult and auto-immune dysfunction".