

Gluten Free Weight Loss Diets

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Gluten is a mixture of two proteins present in wheat but gluten is also in barley and rye. Gluten causes harmful reactions to people who have celiac disease or are gluten sensitive. Gluten-free means that a food does not contain the gluten in wheat, barley or rye (and sometimes oats).

Gluten is difficult to avoid, because when the acreage for wheat, barley and rye are combined, more farm acres are used to grow gluten grain crops than any other, with close to 4.5 billion bushels of gluten grains grown in 2013. Because wheat, barley and rye grains are ubiquitous in our food chain, eating gluten-free is more involved than substituting gluten-free bread for the usual gluten-containing bread on supermarket shelves.

Gluten Cross Contamination

Gluten cross contamination is another problem and can occur when a gluten-free food comes in contact with a food that contains gluten. Cross contamination can happen at a farm, at a food processing facility, at a supermarket, and in your kitchen.

People with celiac disease and gluten intolerance have differing degrees of sensitivity to trace gluten. If you react to a food that is not supposed to have any gluten ingredients, it is probably because of trace gluten in the food because of cross contamination.

For example, oats are believed to be safe for people with celiac disease or are gluten sensitive. The problem with oat products is not in the grain itself but in the manufacturing process. When oats are processed in the same facilities as wheat, cross-

contamination often takes place. (But oat products can be found that are not cross contaminated.)

Understand that reactions to gluten vary from person to person. And a gluten reaction is influenced not only by how much gluten is in a food, but also by how much of that food you eat.

Celiac Disease

The primary reason for a gluten-free diet is to combat celiac disease which is a chronic, systemic, autoimmune disorder. Common celiac symptoms include diarrhea, abdominal pain, weight loss and fatigue, but celiac can affect just about every system in the body. But some celiac suffers experience constipation instead of diarrhea, weight gain instead of weight loss and heartburn instead of stomach pain. And some might have no symptoms at all.

Celiac can affect many body systems in different ways and because every person displays celiac disease differently, it is a difficult condition to diagnose. A strict gluten-free diet, however, most often alleviates celiac-related symptoms.

Keep in mind that all of these possible celiac disease symptoms can be caused by other medical conditions, including non-celiac gluten sensitivity which is considered a separate condition. If you suspect you have celiac disease, make sure you see a physician.

Non-Celiac Gluten Sensitivity

Non-celiac gluten sensitivity can also affect nearly every system in your body. According to scientists investigating this still-unproven condition, symptoms often include digestive complaints, skin problems, brain fog, joint pain and numbness in extremities.

Because research into this condition is in its infancy, not all physicians have accepted it as an illness. As a result, not all physicians provide patients with a diagnosis of gluten sensitivity.

To make matters more confusing, some people are allergic to wheat. These people experience the typical allergic symptoms (nasal congestion, etc) and sometimes they also have gastrointestinal problems.

Gluten-Free Weight Loss

Gluten-free weight loss is new. To date there have been no research studies that confirm going gluten free promotes weight loss. But many physicians report a sizeable number of patients claim that when they went gluten free they lost weight and felt a lot better.

If you do not have celiac disease or a gluten sensitivity, but have read or heard that a gluten-free diet is a healthy way to lose weight, you most likely do not have to worry about trace amounts of gluten in your diet. And people without celiac disease or gluten sensitivity, who only want to lose weight and feel healthier on a gluten-free diet, merely have to avoid foods that contain significant amounts of gluten.

NoPaperPress Gluten-Free Diets

NoPaperPress gluten free weight loss eBooks are for adults with celiac disease who want to lose weight, for adults with gluten sensitivity who want to lose weight, and for adults who just want to lose weight and feel better on a gluten-free diet.

The low-calorie menus in NoPaperPress eBooks assure that you will lose weight, while going gluten free is a bonus that also makes many people feel better while on gluten-free diet.