

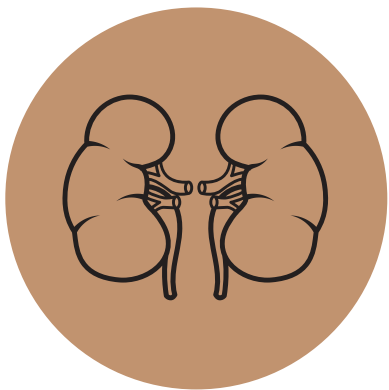
Why You Should be Wheat Free

Forms of Wheat

Spelt, Farro, Einkorn, Bran, Oats, Semolina, Cous Cous, Bulgur, Pasta

GUT PERMEABILITY

The exposure to gliadin (a protein in wheat) increased intestinal permeability (aka leaky gut) due to the increase of an enzyme called zonulin that gliadin increased. Inflammation was also increased in people.



INFLAMMATION

Another protein family in wheat called amylase trypsin inhibitors causes inflammation in lymph nodes, spleen and kidneys

AUTOIMMUNE RESPONSE

Proteins in wheat have also been connected with affecting inflammatory conditions and autoimmune conditions, like lupus, MS, rheumatoid arthritis



GUT HEALTH

Gliadin may play a role in causing loss of intestinal barrier function and/or inducing the autoimmune response in genetically predisposed individuals.

OUTSIDE THE GUT

Wheat is a highly processed food and not as nutrient dense as whole foods.

