

the gluten effect

The effects of gluten and wheat on the body has been widely debated. It is often believed that only if you have coeliac disease should you then remove all gluten from your diet, however from my personal experience, testimonials from nearly all of my clients and also taking the latest scientific research into account, removing gluten and wheat from your meals just might make a big impact in improving your health!

During the next 4 weeks, there is no gluten or wheat included as part of your meal program. Instead I encourage you to explore other alternatives and see how you feel, not only physically, but mentally and emotionally as well. By eliminating gluten and wheat over the next 4 weeks, you will allow your body to detox from it, providing your digestive system with a chance to heal.

SO WHAT IS GLUTEN AND HOW DOES IT AFFECT YOUR HEALTH?

Gluten is a protein that is found in many grains such as wheat, barley, spelt and rye. Although in today's world you can find it in almost anything from beauty products to processed foods. The main reason why wheat and gluten is a problem today is because of overconsumption and the genetic modification of the grain. Wheat used to have 14 chromosomes and now it has 28, meaning there is a larger amount of gluten contained in the wheat causing more inflammation in your body and gut. Even though you might not have coeliac disease, gluten causes a low-level autoimmune reaction in your body which creates inflammation. When you eat gluten, extra *zonulins* are created which damage the lining of your gut, making it permeable (*creating small holes in your intestinal wall*). Undigested food particles then seep through these tiny holes and are exposed to your immune system (*which sits just underneath your gut lining*.) When these bugs and undigested food particles touch your immune barrier, your body starts attacking them, recognising them as foreign invaders and creating an inflammation response throughout the body which can lead to diabetes, heart disease, fatigue, some mental illnesses, cancer and all sorts of other problems.

HERE ARE SOME OTHER STARTLING FACTS ABOUT GLUTEN AND WHEAT THAT MIGHT MAKE YOU THINK TWICE BEFORE CONSUMING;

- Gluten *can* make you fat! In fact, two slices of whole wheat bread can spike your blood sugar more than 2 tablespoons of sugar! This spike in blood sugar releases insulin into your system which is the fat storage hormone! It also contains a *super starch* called "Amylopectin A" which promotes the production of insulin (*fat storage hormone*).

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- Wheat can act like a drug, making you addicted and craving for more as it contains *polypeptides (exorphins)* which act like endorphins leaving you feeling “high” after consumed and wanting more.

If you are a big “wheat eater”, you might experience a few withdrawal symptoms in the first 2 weeks of this program, but don’t worry beautiful, when they pass you be left feeling better than ever with more clarity and energy to do the things you really love in life!

As always, I would encourage you to be your own food detective! Think of this as an experiment to see how good you can really feel off gluten and wheat at the end of the 4 weeks. Then, feel free to introduce some of it back into your meals slowly and see if it affects you in any way. Note down any changes physically, mentally or emotionally such as; bloating, constipation, foggy head, moodiness, fatigue, weight gain, or anxiety?

YOU CAN THEN DECIDE FOR YOURSELF WHETHER YOU WANT IT AS PART OF YOUR DAILY FOOD INTAKE OR IF YOU FANCY JUST ENJOYING IN MODERATION.