

Toxic Foods?

Gluten/Food/Immunity Profile

Should You Eat These Grains?

Are you one of a growing number of Americans whose health is being eroded by certain grains? A high percentage of the U.S. population, especially Caucasians of Northern European ancestry, cannot tolerate the protein molecule known as gliadin. Commonly referred to as gluten, gliadin is found in many grains, including wheat, rye, and barley.

Symptoms of Gluten Intolerance

Eating breads, cereals, pizza, pasta, and other gluten-containing foods can cause a gluten-intolerant person to develop immediate or delayed symptoms. Common digestive symptoms include bloating, discomfort, diarrhea or constipation, and a sensation of hunger even shortly after eating. Other symptoms include headaches, brain fog, lethargy, and allergic type reactions. Unfortunately, many people do not experience symptoms for years, and are therefore unlikely to learn that their health is being undermined by common grains.

Digestive Stress Compromises Immunity

The consumption of gliadin creates a continuous stress on the digestive system of a gluten-intolerant person. Consider that the average American eats several servings of grains daily. This unrelenting assault can cause inflammation that damages the mucous lining of the intestine, which acts as the body's first-line immune defense against infectious agents.

Compromised Immunity Opens the Flood Gates to Illness

When the digestive system's immune defense is damaged, everything that we eat and drink poses a potential danger. For example, it is well established that water and food can carry pathogenic organisms. Bacteria, virus, parasites, fungi, and yeast are normally prevented from entering the body by the mucosal immune defense barrier (known as sIgA) that lines the intestines. When this barrier is damaged, our risk for infection increases dramatically.

Wasted Nutrition

Gluten intolerance can interfere with both digestion and absorption, causing nutrient-deficient-related illnesses. Many chronic and degenerative diseases such as certain cancers, osteoporosis, and arthritis are believed to have their origins in nutritionally deficient diets.

Holes in the Gut

Continuous inflammation in the intestines also causes holes in its lining, a condition referred to as "leaky gut". A leaky gut allows large protein molecules to enter the blood stream. These molecules can travel throughout our bodies resulting in serious health problems, including allergic and autoimmune conditions.

Gluten/Food/Immunity Profile

The Gluten/Food/Immunity Profile test assesses your ability to tolerate the following:

- Gluten
- Soy
- Rice
- Corn
- Cow's milk

The profile also includes an assessment of sIgA, your first-line immune defense.