

Non-celiac gluten sensitivity disproven in experiment

By now, you've probably heard of gluten-free diets. They're a necessity for the estimated 2 million Americans with celiac disease. For them, eating gluten can trigger an immune response in their small intestines, damaging the organ's villi that help absorb nutrients. Excluding the protein from their diets saves celiac disease sufferers from intense bouts of intestinal discomfort and other symptoms.

But for many other Americans, eliminating gluten probably does little to ease their symptoms.

That finding comes from a new study led by Peter Gibson, a professor of gastroenterology at Monash University in Australia. After the subjects moved off the baseline diet and onto one of the treatment diets, they reported more intestinal pain, bloating, gas, and nausea, regardless of whether the treatment diet was high-gluten, low-gluten, or placebo.

Read the full, original story: [Unless You Have Celiac Disease, Gluten Sensitivity is Probably Just in Your Head](#)