Podcast: Wheat causes health issues? Do you have celiac disease, an allergy or…? Hysteria and misinformation about wheat-based products grows

Gluten has gained attention in pop culture because it is implicated in specific medical conditions, specifically celiac disease and gluten ataxia. Celiac disease is an immune reaction in the small intestine triggered by gluten. Gluten ataxia is an extremely rare ataxia that appears to be mediated by autoimmune reactions to gluten.

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Unfortunately, many of these concepts and terms get misunderstood, misused, and misinterpreted by the wellness industry, scaring people about a completely normal and essential thing that happens all the time. You don't want to 'avoid inflammation', because it is a necessary physiological response.

The reality is that our body's cellular processes, including those that produce inflammation, are part of normal physiological functions. The notion that all inflammation is detrimental is an oversimplification of the body's complex balance of inflammatory and anti-inflammatory processes. Anytime we eat ANYTHING, we create inflammation: digestion is a catabolic process, which means we release energy as we break large molecules into smaller ones.

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There are potential risks associated with unnecessarily avoiding gluten-containing foods when not medically required. Avoiding gluten can lead to nutritional deficiencies. Gluten-containing grains are important sources of B vitamins, iron, and fiber. A gluten-free diet, if not properly managed, can result in lower intake of these nutrients.

Some studies suggest that a gluten-free diet in individuals without celiac disease or non-celiac gluten sensitivity might increase the risk of cardiovascular disease, due to the reduced consumption of whole grains which are known to be heart-healthy.

This is an excerpt. Read the original post here