

A woman with long dark hair, wearing a blue denim jacket over a white t-shirt, is standing in a kitchen. She has a pained expression and is holding her stomach with both hands. The background shows a kitchen counter with various items, including a bowl of fruit and a vase of yellow flowers. In the foreground, there are plates of food, including what looks like fried dough or bread.

# Is All the Hype About Gluten Real?






DISCOVER ITS LINK TO MOST  
AUTOIMMUNE DISEASES!

# THE EFFECTS OF GLUTEN

Did you know that gluten can have multiple harmful impacts on your health? **It's not just a concern for those with gluten-dependent diseases.** Even if you aren't officially diagnosed, gluten could be playing a hidden role in chronic inflammatory conditions you may be dealing with.

Inflammation is a critical way our bodies interact with the environment, heavily influenced by the foods we eat. As the number of chronic inflammatory diseases rises, there's growing interest in using diet as a way to combat these issues. That's why people are flocking to anti-inflammatory diets, moving away from the typical Western diet that's known to be pro-inflammatory. **Instead, they're choosing vegetarian or non-processed and traditional high protein foods that support better health.**

The more we study gluten, the more side effects we discover. It's affecting us through immune and toxic pathways, causing serious issues like gut dysfunction. Here's a rundown of some of the known harmful effects of gluten:

-  **Pro-inflammatory:** Triggers inflammation in the body.
-  **Gut Health:** Alters the gut microbiome and increases intestinal permeability.
-  **Cellular Integrity:** Leads to cellular dysfunction and cytotoxicity.
-  **Mental Health:** Has an impact on mental well-being.
-  **Organ Health:** Gluten deposits can show up in the heart, kidneys, brain, liver, thyroid, pancreas, and skin.

# GLUTEN AND NEURODEGENERATION

There's a fascinating connection between gluten and neurodegenerative diseases you might not have heard about yet...**It's all tied to the gut-brain axis, a pathway that's getting more attention in scientific circles.** When gluten peptides cross into the brain, they can trigger inflammation and contribute to neurodegenerative diseases.

*It's pretty eye-opening, right?*



In a thorough review of autoimmune diseases covering **83 studies**, an impressive find was made. Out of 1,408 patients with these conditions:

- Nearly 65% showed clinical improvement on a gluten-free diet (GFD)
- And 80% of studies highlighted the benefits of a GFD

This research screened an **alarming range of autoimmune diseases:**

- rheumatoid arthritis,
- psoriasis,
- inflammatory bowel disease,
- Crohn's disease,
- ulcerative colitis,
- autoimmune hepatitis,
- autoimmune pancreatitis,
- thyroiditis,
- Graves' disease,
- Hashimoto's disease,
- type 1 and 2 diabetes,
- Addison's disease,
- multiple sclerosis,
- myasthenia gravis,
- myocarditis,
- pericarditis,
- nephropathy,
- idiopathic cardiomyopathy
- and many more....



# THE MAGIC OF THE GFD

The magic of the Gluten-Free Diet (GFD) lies in its potential mechanisms:

- **Reducing inflammation and autoimmune triggers:** Gluten withdrawal can eliminate many harmful consequences.
- **Guarding against 'leaky gut':** A common issue in many autoimmune and inflammatory diseases, gluten is a major cause. By avoiding it, we can protect our bodies from this disruption.

*However, it's not all straightforward.*

The question of "Gluten: yes, no, maybe" remains complex. While gluten withdrawal has clear benefits in reducing disease activity, we also need to be cautious. A gluten-free diet isn't a cure-all and can have downsides if not balanced properly.



**Combining a GFD with the wholesome Mediterranean diet can bring you the best of both worlds.**

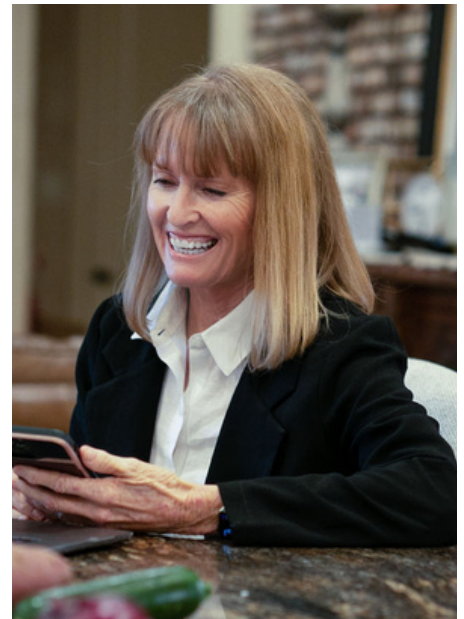
# I'M HERE TO HELP

*Meet Brenda*

It's clear that gluten has far-reaching impacts beyond just gluten-sensitive conditions, affecting a variety of chronic diseases. The power to improve your health by choosing what you eat is extraordinary!

Connect with me on FB, IG or simply shoot me a text and we'll set up a **FREE 15-minute consultation** to get you started on the path to wellness. **Your gut will thank you for taking this crucial first step**

**This is what I do now, I help people learn to eat real foods that will start to heal their chronic diseases and conditions.**



My program will show you how to continue to eat the foods you love, but in a much healthier manner with recipes, recommendations and personal consults.

Contact me via email or phone for more information.

--Brenda

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