Do I Have Gluten Sensitivity?

by Dr. Gerard Guillory

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I get asked this almost on a daily basis in my practice. As a result of the increased media coverage gluten has received over the past few years, patients are coming in to determine if this might be the underlying cause of their health-related issues such as weight gain, fatigue, IBS, hypothyroidism, migraine headaches, bloating, and dozens of other frustrating health challenges.

What is gluten? Itâ€™s a protein found in any food product containing wheat, barley, and rye (and oats processed in the U.S.), and surprisingly, itâ€™s even used in some cosmetics, the glue used to seal envelopes, and in McDonaldâ€™s french fries! Since itâ€™s inexpensive to grow and process, itâ€™s frec used as a hidden filler in food.

The majority of us are eating gluten several times per day, year after year, decade after decade and are completely unaware of how it may be affecting our bodies. If you eat processed foods, bread, cookies, candy, pasta, lunch meat, pancakes, ketchup, and tortillas, just to name a few, youâ€™re consuming an overwhelming amount of gluten.

Which ingredients indicate gluten is present in a food item? The list is exhausting, but here are some common ones:

â€¢ Wheat

â€¢ Flour (Enriched, Bleached, Durum, Bulgur, Semolina, etc.)

â€¢ Malt (Flavoring, Syrup, Extract, Vinegar, etc.)

â€¢ Beer (Most contain barley and wheat)

â€¢ Bran

â€¢ Teriyaki Sauce

â€¢ Food color, artificial flavors, seasonings, soy sauce, vitamins, etc. may or may not contain gluten. Itâ€™s necessary to check with each manufacture to determine if gluten is used.

The number of people affected by gluten intolerance is soaring at an alarming rate. Some experts believe that as many as 1 in 20 Americans now have some form of gluten intolerance and donâ€™t even know it. Itâ€™s a condition that can be found in the young as well as the old, including those who have eaten gluten their entire lives.

In my practice, I strive to uncover the root cause of your symptoms. Through a simple blood test, we can determine if youâ€™re a victim to gluten. With that knowledge, we can then recommend a plan of action thatâ€™s right for you.

Please share this information with your loved ones and friends who are struggling with unexplained health issues. Gluten might be the culprit!

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Dr. Gerard Guillory - About Author:
The Care Group, P.C heals with a integrative medicine. Our integrative holistic approach to medicine focuses on discovering the root cause of the symptoms, & cures the disease. We use best of traditional Western medicine with other techniques and procedures.

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