

... GLUTEN.

Gluten is a glycoprotein consisting of gliadin, glutenin and starch found in grains of wheat, barley, rye, oats, dinkel, kamut and derivatives of these cereals such as flour, bread, biscuits, pastries, Italian pasta, semolina, ... Malt drinks, distilled or fermented drinks from grain (beer, whiskey) and most of the manufactured products and prepared foods also contain gluten.

The daily consumption of these foods and, therefore, of all the gluten can lead to a disruption in the structure of the intestinal mucosa. This is due to the adhesion of gluten to the walls of the small intestine because it is a protein "sticky" (who never made glue with flour and water!). The consequences can range from a slow intestinal transit to a permeability of the mucosa, paving the way to bacterial and food residues in excess going into the bloodstream. According to Dr. Jean Seignalet, these macromolecules crossing the mucosa are in part responsible for many diseases, including allergies and intolerances.

When we talk about gluten allergy, it refers to celiac disease. This is a permanent intolerance to gluten, characterized by an inflammatory reaction, of immune origin, in the mucosa of the small intestine which makes it difficult to absorb nutrients. Symptoms vary greatly from person to another, the most frequent being weight loss and appetite loss, fatigue, nausea, vomiting, diarrhea, abdominal distension, changes in the character (sadness, irritability, apathy, ...), abdominal pain, anemia, etc.. The treatment consists of a strict gluten-free diet for life.

In the case of gluten intolerance, rejection of the food occurs more slowly and discreetly. Symptoms (gas, pain, bloating, diarrhea) are not systematically after ingesting a food containing gluten and the intolerance can pass unnoticed. In addition, a person may have been sensitized during the first months of life and suffering, years later, various health problems.

It should be better, even if no allergy or intolerance, to consume gluten-free cereals such as rice, buckwheat, amaranth, corn, millet, quinoa, sorghum and teff. The flours of pulses and oilseeds are also very interesting from the standpoint gourmet and, of course, nutrition.

Eva Notario Pardo

<http://www.naturholistica.com>
naturholistica@hotmail.com