

Gluten-free misconceptions debunked

Written by Kyle Arnoldy

With the proverbial smorgasbord of diet fads that pop up each year, it is difficult to distinguish those that offer actual health benefits from those that simply aim to drop as many pounds in as short a timespan as possible.

Because of myths accepted as facts regarding living gluten-free and the common misconception that all diets are about weight loss, there is some confusion regarding what exactly it means to live a gluten-free lifestyle.

While some employ the diet as a means of healthier living, some turn to the diet to rectify an illness they have spent their whole life battling.

The gluten protein is found in grains, wheat, barley and rye.

Gluten-free diets remain as the only effective treatment for those inflicted with celiac disease. Celiac disease is an autoimmune disorder that causes a number of issues such as stomach pain, chronic constipation and diarrhea and fatigue.

Nici Bishop, who has maintained a gluten-free diet for three years, said she began looking for a solution to intestinal issues she had as far back as she can remember. At first she was told cutting out dairy products would help. When that didn't work, a gluten-free diet was recommended.

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Shop for gluten-free products in the grocery store. The products can be as simple as a bowl of soup, but knowing what to look for