Paleo-content

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**Subject** –Good Health with no Gluten

Hello there!

How have you been?

Today, we have decided to take a little break from paleo diet and lifestyle and discuss a topic that is very important for people who simply wish to make healthier diet choices without particularly being labeled as ‘paleo’ or ‘vegan’, etc.

We are going to talk about gluten and why it is not good for you?

Contrary to popular belief, gluten is not just harmful for those with intolerances such as Celiac disease. You would be surprised to know that gluten actually causes inflammation in around 80 percent of the population. In some cases, the inflammation is severe, but when it’s not, it gradually begins to weaken the guts.

While it may not directly cause cancer, many recent studies have also identified it as a major promoter of cancer. Moreover, there is enough scientific evidence to link gluten to mental health issues mainly Schizophrenia.

Of course, gluten is found in grains and does come with its own set of benefits, but would you really risk it?

As of now, most dietician and health experts would tell you not to. So would we.

And in the future, we will send more gluten related information and gluten free recipes and products your way.

Till then, take care.

Thanks,