

UNLOCKING THE MYSTERY OF
GLUTEN
& HOW IT STRESSES YOUR BODY

what?

2 PROTEINS = GLUTEN
makes foods chewy fluffy or just thicker



where?



BAKED GOODS & PASTAS

SOME SOUPS & CONDIMENTS

why?



Humans cannot digest gluten.

RESPONSES TO GLUTEN IN THE GUT

how?

ELIMINATE



OR

TEST



1 in 4 people have gluten sensitivity.

3 weeks - 6 months

test for IgG antibodies