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Gluten Thoughts That Go Against The Grain

Mis-folding of proteins is result of sensitivity. - May not just be gluten.

Glycoscience Lesson #8

by JC Spencer

US people eat enough bread, crackers, pasta, cereal, cakes, and cookies to ingest about 132 pounds of wheat per person a year.

Gluten is not found in wheat.

What is gluten? Gluten is not found in wheat as gluten. Gluten is made up from two small proteins, gliadin and glutenin that are found in wheat. Gliadin and glutenin make for the creation of gluten when dough is kneaded, causing these two proteins to bond. The intra-molecular links form long, elastic loops responsible for the firmness of dough in baking bread.

No one seems to understand very much about the gluten sensitivity things that are bothering about one out of six Americans which is six time greater than the number of celiac patients.

Glutenin is a simple but major protein elastic part of wheat grains that is adhesive. From glutenin, we get the word, "glue". Glutenin has been observed to have an alkaline pH and is the good guy. In some people the digestive system dissolves the gluten bond of glutenin and gliadin. Gliadin is the part of gluten that results in sensitivity. Gliadin is the bad guy that apparently causes candida and celiac.

Researchers have learned that gliadin seriously attaches the immune system in celiac patients resulting in inflammation. More recently, with better diagnostic equipment, it was learned that others are developing non-celiac gliadin sensitivity. More recently, it is believed that the sensitivity may not always be caused by gluten but may be other proteins or some carbohydrates. In other words, there are not very many experts on gluten.

"Gluten" sensitivity has grown since genetically modified grains came on the market and we know strange things are happening in the human gut.

The main problem may not even be wheat. Can it be that just a little "leaven" from another source serves as the catalyst for all the sensitivity bad stuff?

The report I have received indicates there is not yet much GMO wheat on the market. However, there are many corn products on the market that are genetically modified that can play havoc with the immune system. Perhaps a tiny amount of GMO food can start a cascade of gut-wrenching problems, specifically when toxic insect killing chemicals continue to grow in the stomach.

The main reasoning for candida and celiac is a weakened immune system and normally the side effects of too high of an intake of junk carbohydrates. Anything that weakens the immune system contributes to candida and celiac and literally feeds the problem. The first step is to remove the junk food factors and replace with healthy nutrition to fight the candida and celiac.

The family of Smart Sugars I discuss in my book, [Introducing Smart Sugars](#), do not feed the problem and do help strengthen the immune system. The bottom line is: Take care of your immune system.

Source and References:

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