

Wheat- A Diabolical Grain

- In celiacs the gluten in wheat damages the intestine
- In those who are gluten intolerant, it causes symptoms
- But...

it is worse than that!

Solution

- Aggressive intake of other gluten free, but prebiotic rich foods such as:

Leeks	Chicory
Artichokes	Dandelion leaves
Onions	Bananas
Garlic	Asparagus
- One or two daily doses of a gluten free prebiotic supplement such as Prebiotin which is oligofructose enriched inulin with the most medically researched formula. (prebiotin.com)

The Gluten -Prebiotic Dilemma

- Americans consume an already very low amount of prebiotic rich foods, only 1-3 grams a day
- They receive up to 80% of these good oligofructose and inulin prebiotic fibers from wheat
- A gluten free diet robs the colon of the best fuel for their good colon bacteria
- They are at risk of symptoms and adverse health problems from this altered colon bacterial makeup

Colon - A Health Organ

- Huge numbers of beneficial bacteria and some dangerous ones reside there
- These good bacteria rely on certain food fibers for their own growth and well being
- These food fibers are called **prebiotics**
- The oligofructose enriched inulin formula is the most potent and well researched prebiotic

When these beneficial colon bacteria thrive, many positive health effects occur, including:

- Enhanced calcium and magnesium absorption
- Increased bone density
- Lower blood triglyceride
- Stronger immunity
- Lower colon cancer factors, and
- Many others

What happens when the colon does not receive a rich supply of prebiotics?

- The bad dangerous bacteria grow aggressively
- The good bacteria do not
- Celiacs and gluten intolerant people on a Gluten Free Diet have a much less healthy mix of bacteria in their colon. Why?