



The gluten-free diet has become popular in recent years. Some people are prescribed a gluten-free diet because of a medical condition. Some people choose a gluten-free diet because they believe it will benefit their health. Some people choose a gluten-free diet because they believe it will help them lose weight. Some people choose a gluten-free diet because they believe it will help them live longer.

Celiac disease: This is an autoimmune disease that affects the small intestine. It is caused by a reaction to gluten, a protein found in wheat, barley, and rye. People with celiac disease must avoid gluten to prevent damage to their small intestine and to avoid symptoms such as diarrhea, constipation, and abdominal pain.

Wheat allergy: Some people have a wheat allergy, which is an allergic reaction to wheat. Symptoms include hives, itching, and difficulty breathing. People with a wheat allergy must avoid wheat to prevent these symptoms.

Non-celiac gluten sensitivity (NCGS): This is a condition in which people experience symptoms similar to those of celiac disease, but without the autoimmune reaction. The exact cause of NCGS is not known, but it is thought to be related to an intolerance to gluten. People with NCGS must avoid gluten to prevent symptoms such as bloating, gas, and abdominal pain.

If you don't have 1 of the conditions listed above, you may still benefit from a gluten-free diet. Some people choose a gluten-free diet because they believe it will help them live longer.

Non-celiac gluten sensitivity (NCGS) is a condition in which people experience symptoms similar to those of celiac disease, but without the autoimmune reaction. The exact cause of NCGS is not known, but it is thought to be related to an intolerance to gluten.

Many people choose a gluten-free diet because they believe it will help them live longer.



“Be the best you can be today.”
—H. Jackson Brown Jr.

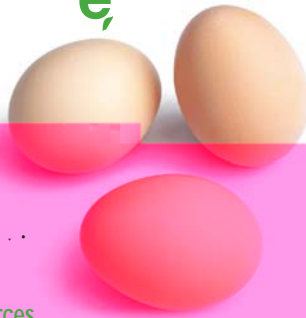
Tap Into Protein

By Cara Rosenbloom, RD

Protein is an essential nutrient found in many foods. Protein is made of amino acids.

We can get protein from animal and plant sources.

Animal sources include beef, lamb, etc.



Vaping CATIONS

Are e-cigarettes safe or not? Studies are conflicting. Some studies suggest e-cigarettes are safer than cigarettes, while others suggest they are not.

But the products don't meet FDA safety standards. Here is an update:

- E-cigarettes deliver nicotine and other chemicals without the tar and carbon monoxide of cigarettes.
- E-cigarettes are not FDA-approved.
- FDA-funded studies are testing these products, but results are mixed.
- One finding: E-cigarettes may reduce cigarette use, but they are not a safe alternative.

More time is needed to determine the impact of vaping. However, it is clear that e-cigarettes are not a safe alternative to smoking.

Another caution: E-cigarettes may be used to quit smoking, but they are not a safe long-term solution.

