

What is gluten, and why is it a problem?

Gluten is a protein found in wheat and other grains such as barley, rye, spelt, and kamut. It is extremely difficult to digest, and when an intolerance to it develops due to over-consumption or heredity, it irritates the lining of the intestinal walls, destroying the cilia that absorbs nutrients and causing inflammation and irritation of the bowels. Symptoms such as aching joints, bloating, fluid retention, depression, acne, skin rashes and eczema can be relieved by eliminating gluten from your diet. Even if you do not have a gluten sensitivity or intolerance, your digestion will benefit from a gluten free diet.

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Gluten is a composite of the proteins gliadin and glutenin. Rice and maize don't contain gliadin therefore do not have gluten in them. Rice and maize are alright in moderation but there are much healthier substitutions like zucchini and squash- butternut, spaghetti, acorn, and winter. Squash and zucchini contain one third the carbs and 3 times as much calcium and potassium as rice per one cup serving.