

enzyme essentials



Gluten-free food trends have increased approximately 28% over the last few years. It only takes walking down the specialty aisle in your local grocery store to see how many products are now marketed to someone on a gluten-free diet. Researchers have determined that consumers are purchasing gluten-free because of gluten intolerance, overall well-being, digestive health, weight management, and nutritional value. As a result, about 15-25% of parents in the US are reportedly considering a gluten-free lifestyle.

What Is Gluten?

A grain of wheat is composed of three parts – the endosperm, the bran, and the germ. The bran and the germ provide mostly fiber and nutrients. The endosperm is the largest portion and this is where the gluten is found. Gluten is a mixture of proteins called gliadins and glutenins. It is the gluten proteins that give wheat dough its elastic texture. Gluten is also used in many processed foods such as condiments to provide stability and thickness. In addition to wheat, other grains such as barley and rye contain gluten and oats contain a similar but slightly different protein.

In spite of the fact that humans have been eating grains for nearly 10,000 years, most have not yet fully evolved to digest them completely. Historically, wheat was more expensive and reserved mainly for the rich, but with advanced agricultural practices it has been made much more available to the masses. Add to these advances the technology of genetic engineering and now we have wheat that is more difficult to digest and also has more gluten. The result is far more gluten in the diet from obvious sources as well as hidden ones. It's no wonder we continue to see food intolerances run rampant in our families.

A Gluten Free Diet?

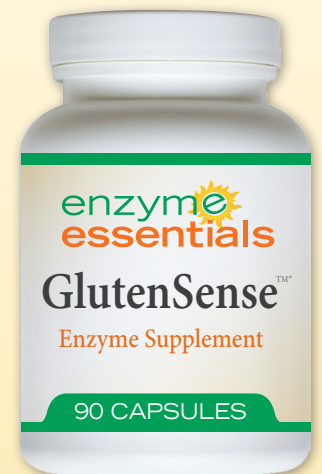
So, is the answer to eat gluten free? Perhaps, but this might not be realistic and 100% attainable, and in the overall picture, gluten is unfairly singled out and blamed. It is our stressful lifestyles, our diets lacking “whole” foods, and our toxic environment that challenges digestion of all foods and compromises our health. In fact, concerns about gluten may be what brings in clients, but further investigation reveals they have many more food sensitivities.

Also, just because a food is “gluten free” does not necessarily mean it is healthy. Foods that are naturally gluten free like fruits, vegetables, brown rice, and legumes are good choices. However, those processed or baked foods that traditionally contained gluten and now have been reformulated to use something other than gluten need to be scrutinized for ingredients that may be far worse than the gluten itself. Thus, the need for a comprehensive approach including a healthy diet plus enzymes to support optimal digestion of all foods and help maintain a healthy digestive system is more important than ever.*

Supplementing with Enzymes

There are many health benefits associated with eating a balanced diet that includes complex carbohydrates such as wheat, rye, barley, and oats. These grains provide starch (energy), fiber, protein, vitamins, and minerals. However, the digestion of these grains may sometimes be challenging and cause occasional bloating, diarrhea, gas, and abdominal cramps. In some people, the inability to digest the protein known as gluten results in more serious intestinal or inflammatory conditions.

Supplemental enzymes are an increasingly popular option for helping maintain optimum digestion of these foods. However, before a proteolytic enzyme can reach the gluten, the polysaccharides which encase the protein must first be broken down. To accomplish this, **Enzyme Essentials™** introduces its new **GlutenSense™** formula specifically designed to address both the starch and protein components of the gluten grain.* Additionally, this formula provides probiotics and herbs designed to support a healthy digestive environment that may have been compromised due to gluten sensitivities.*



For more about digestive enzymes and to order your **GlutenSense™**, please visit www.enzymeessentials.com today!