

Download Cooking Healthy Diabetics Gluten Intolerance

Meanwhile, we have popular theories speculating as to why wheat gluten is particularly dangerous sprouting up everywhere. So let me try to put some of the most common to rest. Lately it's become hip to go gluten free, but for people without a gluten sensitivity, this trend will yield no special benefit. We come across a lot of terminology here at Bob's Red Mill, and there are new terms coming out every single day when it comes to healthy food labeling. Studies show a strong link between autoimmune thyroid disease and gluten intolerance. Keep reading to learn why a gluten-free lifestyle may be the answer. - Cooking Healthy Diabetics Gluten Intolerance