

Why are many Celiacs still not achieving the restoration of better health that they expected from a faithful GF diet?

Ongoing Nutrient Deficiencies: A 2002 study, in the *Alimentary Pharmacology and Therapeutics Journal*, looked at the vitamin status of 30 adults with Celiac disease showing “biopsy-proven remission” after following a gluten-free diet for 8-12 years. The authors concluded that even after following the conventional Celiac prescription for 10 years, 56% still showed signs of poor nutrient uptake and are likely still starving for the critical nutrients required for health and longevity.



Due to poor absorption: Once the intestine has had a chance to heal, nutrient absorption improves, but intake may remain a problem. Studies have been shown that the intestines before eliminating gluten can have lifelong damage that may not see a fully restored digestive function.

Deficient Nutrients in processed foods: Modern prepackaged and processed GF foods are often lacking vital nutrients and fiber for a restorative diet that is needed for the Celiac. Not only are they lacking nutrients, they are replaced by synthetic nutrients and fiber, can contain many unhealthy levels of fat, sugars, and can contain many additives, chemicals and colors that are also unhealthy and a challenge to digest.

Low Fiber content: Many flours and grains that are used in much of the processed and prepackaged GF foods are low in fiber and provide very little to help with the vital and consistent “flow” of the breaking down of food through the intestines. This can cause severe constipation and result in a growing toxicity to negatively affect the entire body leading to even more serious health concerns.