HEALTHY TIPS

We Are Not Gluten Intolerant, We Are Glyphosate Intolerant

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Celiac disease and gluten intolerance have become more and more common worldwide, but particularly in Europe and North America where around 5 percent of the population has this health problem, according to a meta-analysis of approximately 300 studies.

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In this analysis, the researchers propose that glyphosate, a chemical and active ingredient in the herbicide Roundup is the major contributor to the epidemic. They believe that people are not sensitive to gluten, but to the dangerous chemical glyphosate.

Are We Gluten or Glyphosate Intolerant?

This study was published in 2013 but was ignored by the media, except for some. Glyphosate today is named the culprit in a $280 million cancer lawsuit and labeled as a carcinogen by the WHO and State of California.

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Furthermore, the symptoms of what we know as gluten intolerance and celiac disease are very similar to the symptoms noted in laboratory animals that were exposed to glyphosate, explain Anthony Samsel, an independent scientist who worked as a consultant to the EPA on arsenic pollution and to the US Coast Guard on chemical hazard response and senior research scientist from MIT, Stephanie Seneff.

The researchers emphasize a recent study on the effect of glyphosate on the digestive system of fish. It was concluded that it lowered the digestive enzymes and bacteria, disrupted the mucosal folds, and minimized the microvilli structure in the intestinal walls. These findings are similar to what happens when a person has celiac disease.

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Use of Glyphosate Led to Higher Levels of Gluten Intolerance?

The number of individuals diagnosed with gluten intolerance and celiac has increased with the rise of glyphosate in agriculture, particularly with the current practice of drenching grains in the herbicide prior to harvest that begun in the 80s and became a routine in the 90s.

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However, some experts also suggest that the recent increase in celiac is because of the better tools for diagnosis that happened around 2000. But, a new study points out that the situation is much different.

Namely, in 2009, the researchers searched for gluten antibodies in frozen immune serum collected between 1948 and 1954 and compared them with current samples. They discovered a 4-fold

increase in the celiac disease incidence in younger people.

Gluten-Free Foods Contain Mercury, Arsenic & Roundup, more than Wheat

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According to a study from Clinical Gastroenterology and Hepatology, people who followed a gluten-free diet experienced higher amounts of mercury, lead, arsenic, and cadmium in their bodies.

Moreover, from approximately 4000 participants, the 32 who followed a strict gluten-free diet had twice the amount of arsenic and 70 percent more mercury than those who followed a regular diet.

The board members of the Weston A Price Foundation think that this is a result of the fact that the standard diet free of gluten is dependent on rice. Even if you are not eating it every day, a lot of the gluten-free baked goods use rice flour as the main ingredient.

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Unfortunately, studies have shown that this rice is full of mercury and arsenic. And, even organic rice contains these substances because US agriculture has long been dependent on pesticides, additives, and herbicides and consequently, the waters and soils are full of it.

These findings are particularly concerning for pregnant and breastfeeding women who follow a gluten-free diet. This is disturbing for the growing child and increases their vulnerability to heavy metals.

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