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Celiac Disease: Living Gluten Free (Storytime \u0026amp; Q\u0026amp;A)
The Truth About Gluten, Grains + Wheat

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Surprisingly, the number one factor causing autoimmune disease, or AID, is gluten. So why the sudden increase in the autoimmune disease when grain-based foods been around much longer than the 1950s? Well, that is related to the way the diets have changed over time.

The Rise of Autoimmune Disease | Gluten-Free Society

Against the grain Data from the National Health and Nutrition Examination Survey show the rising tide of gluten avoidance by people without celiac disease. Celiac diagnoses also rose, but probably...

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