Anew BY DINA, LLC
INSPIRED WELLNESS

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Not Losing Weight As Fast As You Would Like To?

- Are you by any chance on a diet and you are not losing weight as fast as you'd like to?
- Are you counting your calories and exercising 4 times a week, but are not seeing results?
- You might even be thinking that you are making a better choice by having a bagel instead of an omelet, avoiding all the excess fat but you might be causing bigger issues and you don't even know it!

What is going on?

There are many things that could be going on and gluten sensitivities can be a huge underlying factor to so many of your health issues as well as your weight gain.

Most people associate gluten intolerance to intestinal issues such as gas, bloating, diarrhea, irritable bowel and leaky gut syndrome. However, as research has been showing gluten is now being linked to a whole list of neurological and immune disorders such as depression, migraines, ADHD, balance problems, inability to concentrate, autoimmune thyroid disease, dermatitis and more.

So just because you are not bloated after a meal, it does not necessarily mean that you don't have a gluten sensitivity. You could indeed be experiencing a whole slew of other symptoms associated with the above conditions, yet without experiencing any of the GI dysfunctions.

How does gluten damage your health and affect your weight?

Gluten is actually very gluey, which is how it got its name. It sticks to the little crevices in your small intestine called the villi. The villi are very important. There are little projections that line the inside of your small intestine. They resemble the deep pile of plush carpet and they function to absorb vitamins, minerals and other nutrients from the food you eat.

In people who are sensitive to gluten, gluten sticks on and gums up this surface, creating an inflammation of the gut lining. This inflammation causes antibodies to be created, which in turn attack the tissues all over the body including your thyroid gland, which controls your metabolism. When it comes to your weight, damaging and attacking your thyroid gland is one of the sure ways that you could be slowing down your metabolism and self- sabotaging your weight loss efforts!

The second way that gluten affects your weight is that the inflammation in the gut that we described above, blocks the absorption of all the necessary nutrients that your body needs, leading to malabsorption. So instead of your body absorbing your protein, vitamins, minerals, B12, and all the things you really need to be healthy, they are being eliminated with your stool. Not having all the proper nutrients can easily lead to hormonal imbalances and furthermore weight gain.

Last but not least, gluten can affect your weight by causing your intense cravings and thus overeating! As you probably know already, endorphins that are produced in the body in response to exercise or other activities, react with the opioid receptors in our brain, decreasing pain while increasing our sensation of pleasure.

In the same mechanism, research has shown that the breakdown of gluten produces these short chains of endorphin like opiate-peptides, which react with those same opioid receptors in the brain and displace our natural endorphins. So its almost like we are on a constant high, constantly craving our drug of choice which in this case is gluten. Sudden withdrawal, in lets say a gluten free diet, is like starving those opioid receptors from gluten and creates even more intense cravings!

Now you know why it is so impossible sometimes to stay away from cookies, cakes and muffins!... and you also see now how through attacking your thyroid, malabsorption of proper nutrition and constantly feeding those intense cravings, gluten can be causing you to pack on the pounds!

What can you do about it?

Well for starters, you need to **start paying attention to your symptoms** following your meals *and* throughout your day. A food log is essential for this so you can start jotting down any responses to gluten, even if you think they have nothing to do with food, such as a headache, acne, or fatigue. A big distinction in fact between an intolerance vs allergy, is that if you suffer from an intolerance, the symptoms that you might be experiencing can appear in up to 24 or even 48 hours after your meal, whereas in an allergy, the symptoms are immediate and typically much more intense.

If you are suspecting intolerance, it is also imperative to **start reading the ingredient lists** of any products you are eating. Most people focus on the number of calories, fat and sugar, but you also want to scan the individual ingredients so you start familiarizing yourself with all the various products that gluten is in.

In case you were not aware of it, gluten is actually a protein. It's found in grains, and most predominantly in wheat. It's also found in rye, barley, spelt, Kamut and something called triticale (which is a hybridization of rye and wheat.) and all the products made of these grains; pasta, breads, muffins, cakes, pizza dough to list just a few. More importantly, gluten is also added in sausage, canned soups, lunch meats, gravies, Chinese foods, protein bars , sugar that is derived from wheat, (glucose syrup= wheat), beer, or any beverages made from malt, dessert puddings and more…

An even better way to really find out if you have a gluten intolerance would be to do an elimination diet. There are various tests you can do as well, from which the saliva test is the most accurate, but the elimination diet is still your best way to be sure.

Doing an elimination diet is not the same as doing a cleanse. A cleanse, (and there are many different ones that you can follow), aims towards elimination of all toxins from the body. An elimination diet, is focused more on uncovering a food intolerance that you might be suspecting.

An elimination diet consists of 3 different phases: the initial phase during which you just monitor your symptoms with your normal way of eating, the elimination phase, during which you eliminate the food that you might be suspecting and the re-introduction phase during which you reintroduce that suspect food just once, challenging your body and monitoring your reaction. I always tell my clients that transitioning into and out of your elimination diet is as important as the actual diet itself.

As challenging as it may seem to follow a strict diet for 21 days, at the end of the day it might be a small price to pay in order to possibly eliminate a number of symptoms that might be making you miserable and overweight!

To your health,
Dina

PS. If you need further support from me and an entire group of like-minded women, join our upcoming 21 Day Spring Cleanse during which we combine a liver cleanse and a gluten elimination diet. It is a virtual group cleanse that you can participate from over the phone! Click here for more information on what we will cover, the dates for our calls and to register!

P.P.S During our cleanse we will discuss specifically, which foods you should or should be eating on a gluten elimination diet, dairy and or sugar cleanse. We will also be discussing other digestive issues that might be affecting the way you digest and absorb your nutrients.