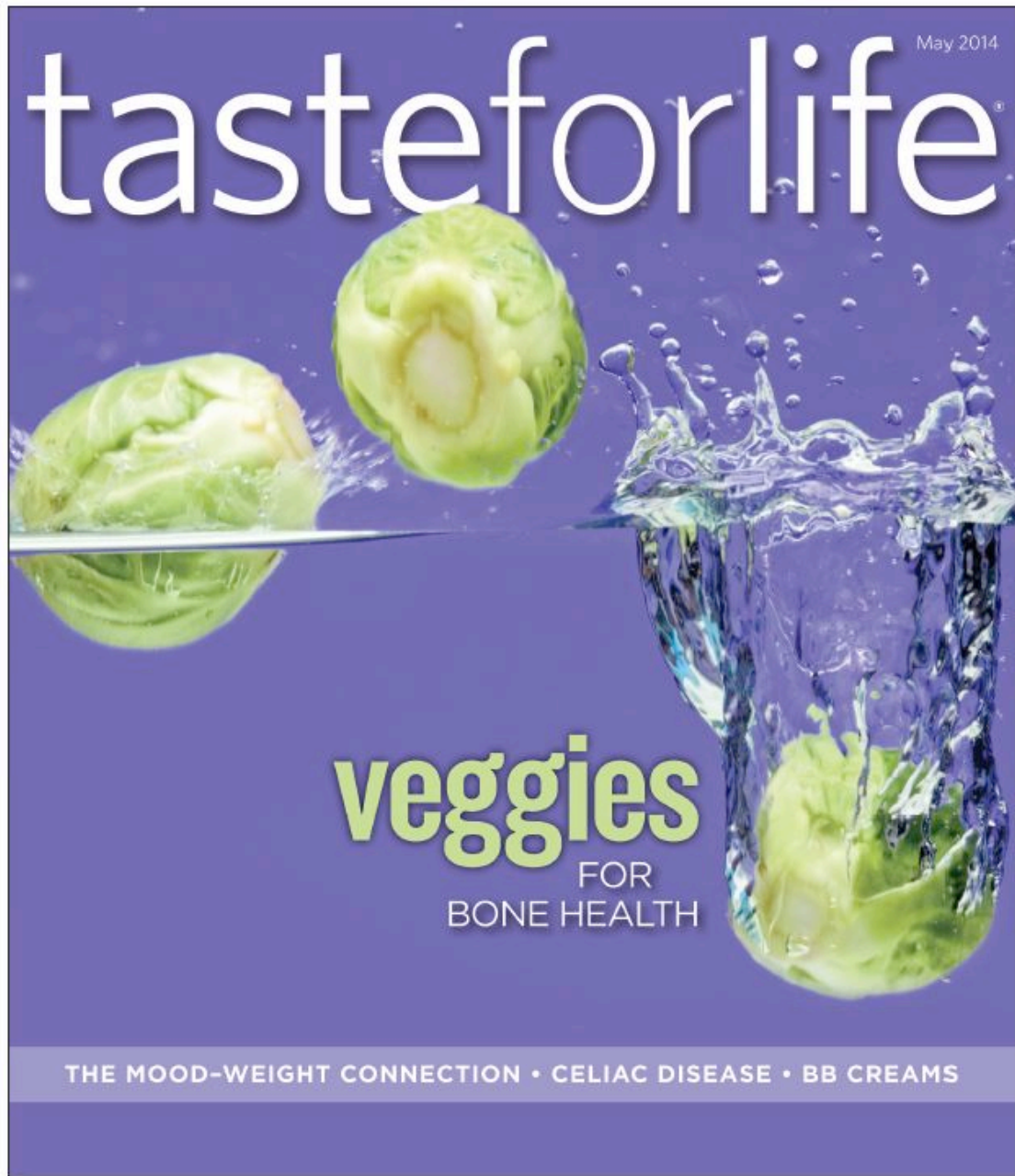


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FOR
BONE HEALTH

THE MOOD-WEIGHT CONNECTION • CELIAC DISEASE • BB CREAMS

EDITOR'S NOTE



Gluten's Growing Toll

Once upon a time, the gluten-free diet seemed like it might be a passing trend. It turns out that the physical reactions some people have to gluten—a protein found in wheat, rye, and barley—are very much a real and growing problem in the United States.

The *New York Times* recently reported that the prevalence of celiac disease has quadrupled in the US in the last 50 years. This autoimmune disease—which attacks the small intestine each time gluten is consumed—leads to other serious health conditions, including cancer and failure to thrive in children.

Additionally, scientists are beginning to better understand nonceliac gluten sensitivity (NCGS). NCGS manifests like celiac disease in terms of bloating, pain, and fatigue, but it does not cause damage to the small intestine.

Whether you need to avoid gluten to protect your health or adopt the diet to improve your daily quality of life, I hope you find our special section beginning on page 49 useful for you and your family. The section contains gluten-free recipes, tips for turning your kitchen into a gluten-free zone, and the latest research on celiac disease (including the compelling case for probiotic supplementation).

Speaking of probiotics, this month's Editor's Pick offers a fun way to get your daily dose. [Reed's Culture Club Kombucha](#) line offers a range of flavors that will please palates ranging from timid to daring!

To your health,

A handwritten signature in cursive script that reads "Lynn".

Lynn Tryba

