No Gluten Allowed Approaches A Milestone With Their Gluten Free Recipes

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The No Gluten Allowed company of Sandy, UT is pleased to announce that they are fast approaching a significant fan base size of 10,000 followers on their Facebook page. No Gluten Allowed has recently seen a massive acceleration in popularity as people all over the world turn to it seeking nutritional advice for their gluten free needs. Since about 7% of U.S. citizens suffer from gluten intolerance of varying severity's, No Gluten Allowed has seen a rapid gain in the number of people befitting from the information and gluten free recipes provided by the company.

Apart from the people that suffer from intolerance relating to gluten, an estimated 1% of Americans suffer from an autoimmune disorder called Celiac Disease. The repercussions from this condition are generally more severe than that of someone who is gluten intolerant. Gluten is a plant protein composite that is produced in wheat, barley and several other related pulses. This protein acts as a bonding agent and provides bread, made from these pulses, attain their elastic nature. Ingestion of gluten by someone with Celiac Disease will suffer from several harsh reactions by the immune systems, including damage caused to the intestinal lining. This results in inflammation and damage of the villi which are small hair-like structures in the small intestine responsible for absorbing nutrients. Since the lining in the small intestine is damaged,

there isn't adequate absorption of important nutrients by the body which could eventually lead to many other deficiency related medical conditions. People suffering from gluten intolerance tend to experience varying levels of similar reactions to that of Celiac Disease, ranging from mild discomfort to intestinal inflammation.

No Gluten Allowed not only promotes a number of recipe ideas for people suffering from gluten sensitivity, but helps create a better understanding of such conditions. The website offers information regarding nutritional advice for diets and clears up a number of misinformation and confusion regarding various foods. No Gluten Allowed has helped answer and clear up a number of questions posed to them regarding safe consumption of certain food products. One of the questions posed by many gluten sensitive fans tends to be: is oatmeal gluten free? Since some of the most common pulses contain gluten, people suffering from gluten sensitivity tend to swear off all pulses. This leads to the lack of essential dietary fiber in their meals.

There are many more people, outside the U.S., who suffer from gluten intolerance and Celiac Disease. The level of awareness and support available to such people varies greatly from country to country, therefore, No Gluten Allowed has expanded its help through its Facebook page at https://www.facebook.com/noglutenallowed This enables it to reach out to anyone who requires help in not only managing life with their respective gluten sensitive conditions, but to enjoy it as well by indulging in a number of savory dishes for different tastes.

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For more information about No Gluten Allowed, contact the company here:No Gluten AllowedSteve(801) 810-8864info@noglutenallowed.com10006 Opal CirSandy, UT 84094

No Gluten Allowed

We are a website devoted to gluten free recipes, information, and anything else that relates to the life of those living gluten free.

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