

Gluten Summit/ Cynthia Kupper. 1hr

Cynthia Kupper is an expert in Gluten Sensitivity and Celiac disease. She is an expert national speaker for patients, healthcare professionals, and the food industry. Her publications include numerous peer-reviewed publications, continuing education for dietitians, and also part of the team creating tool kits for RDNs.

Her website is www.gluten.net , so anyone can find a lot of information.

She organizes the gluten intolerance camp for kids across the nation. In this camp, children learn about gluten-free food, and how to read labels of gluten-free foods, and they play all different kinds of educational games on gluten. Suicide is high in children with gluten sensitivity because they do not know how to cope with issues related to gluten sensitivity, children often think that there is something wrong with them.

Gluten is a peptide protein that can cause an intestinal lining allergy called celiac disease. Linings of the intestines can shed off from gluten, disrupting the normal absorption of nutrients. People who have gluten allergies may experience different kinds of health problems. One of the problems is developing malnutrition due to malabsorption of nutrients. People who have gluten sensitivity should avoid gluten-containing products such as wheat or foods made of wheat flour, barley, rye, triticale, farina, spelt, kamut, wheat berries, farro, and couscous. Unfortunately, many condiments or sauces might have hidden gluten in them. So people who have gluten allergies should look for product labels. In this lecture, the host says that even sushi might have gluten because chefs add flour to the rice while cooking to get sticky rice, therefore it is important to be careful while eating out.

This lecture provided information about gluten. In my future practice, I will apply Cynthia's tips.