From an evolutionary point of view, we were never designed to consume such huge quantities of grains. Think about it - in a relatively short space of time we have gone from largely eating fresh fruit, vegetables, meat and fish, to eating a diet that is now predominantly made up from grains and products that contain grain... Is it really a surprise that so many experience problems with gluten?

Apparently in the US 1% of people are fully gluten intolerant and around a further 10% have gluten sensitivity.

In the last year I have found that I am sensitive to gluten. I used to eat a lot of bread and pasta and I was always bloated and tired afterwards. Anyway a doctor pointed out that there might actually be an issue. He recommended cutting right back on oats, grains and products that contain them for a few weeks, to see if it helped. To say it helped is an understatement! All of my symptoms disappeared and I actually have loads more energy and focus as well. I still can't resist the odd piece of bread or bowl of pasta, but I know what I am getting myself into now. I highly recommend checking out the post below which lists 10 signs that might indicate you are gluten intolerant or at least sensitive to gluten like me.

10 Signs Your Might Be Gluten Intolerant

(Image from: Wikipedia)