Gluten

The latest diet fad revolves around a term most of us were unaware even existed a few short years ago. Many dieters and health conscious eaters throughout the globe consider gluten a primary enemy in the battle of the bulge. But is all of the gluten-free hoopla just smoke and mirrors, or does the science actually support this growing dietary movement? The documentary short Gluten: A Gut Feelinginvestigates by offering invaluable insights from assorted nutritional specialists, food scientists, and medical experts.

The gluten protein is found largely in wheat and grains and in the form of [pasta, cereal, bread and pastries](https://www.google.com/url?q=http%3A%2F%2Ftopdocumentaryfilms.com%2Fwar-wheat%2F&sa=D&usd=2&usg=AFQjCNE_28gVHnCauE774RYnb_qOpBEd2Q). Researchers warn that a gluten-heavy diet can significantly weaken our sense of well-being and promote an onslaught of chronic inflammatory disorders. The reason? The human species has not yet evolved to allow for proper digestion of gluten-enriched products. From our earliest origins, humans existed on a diet rich in fruits, vegetables, fish and nuts. The experts interviewed in the film testify that such a diet still offers the best method of eating for enhanced health and decreased fat.

There's still a wealth of potential pitfalls in the grocery store aisles even for those who avoid gluten altogether. Dietitians advise that consumers remain vigilant when shopping for a gluten-free menu. Gluten substitutes are often rich in sugar and fats, and can promote the weight gain many eaters are attempting to avoid by adopting such a diet.

For some, indulging in a diet free from gluten is much more than a dietary choice related to weight loss. The digestive systems of people who suffer from the autoimmune disorder Celiac disease regard gluten as a toxin, and they can suffer severe health repercussions from ingesting even the smallest amount of the protein.

Many of the observations featured in the film are alarming. Yet experts contend that gluten poses little or no ill effects for most people who consume small amounts in moderation. By separating the facts from the fads, and the science from the superstition, Gluten: A Gut Feeling provides an enormously helpful primer on our relationship to this enigmatic protein.

Watch the documentary (  https://www.youtube.com/watch?v=rktpxe9gFfA ) and report on your findings.

Your report should resemble the format of a book report, should be 400-500 words in length and should include at least 3 pieces of information from the documentary that help to prove your findings.