



CONFERENCE ABSTRACT

The gluten free diet in depth

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Abstract

The gluten free diet has been gaining recognition globally and is being applied by many patients. This diet was first developed for Celiac's patients however with the emergence of a new diagnosis: non-celiac gluten sensitivity (NCGS), more patients are finding relief from their symptoms when following this diet. The symptoms of NCGS also overlap with those of Irritable Bowel Syndrome and there are studies that suggest a possible link between NCGS and neuropsychiatric disorders, like autism and others. In this presentation we will review the new research about gluten and also answer the following questions. Where is gluten found? How to remove it from the diet? How to follow a healthy diet?.
