**Who Should Have a Gluten-Free Diet**

Gluten-free diets are the modern way people are turning from the regular lifestyle. But it is not just a fashion thing that you can brag with your friends inside the local mall. Many people are diagnosed with a condition called "Coeliac" and the doctors have informed them that they will have to stay away from gluten-containing foods for the rest of their lives. Sounds scary at first and it could be if you let it run your life but the internet is full of information and more people are writing good books about this topic.

What is gluten?

Gluten is a special kind of protein. It can be found in wheat, grains, rye. The main purpose is to keep food elasticity intact during the production phase. Sounds good so far, right? The problem is that not everyone can digest gluten properly and it could be harmful. Less than 10% of world's population is not tolerant to gluten and they can be diagnosed with Coeliac.

Coeliac symptoms

Being diagnosed with a disease is always a game changer. This one is no different. Anemia, diarrhea, bone pain, severe skin rash - some of the symptoms connected to coeliac and if you have any of them, make sure to see your doctor. Sometimes you might have the disease without any of those symptoms as well. Regular appointments with the good doctors are needed. Gluten-free diets are a must only when you are diagnosed with Coeliac or you are sensitive to foods containing gluten. Everything else is a choice. If you think you might be sensitive, keep eating foods and ask for a blood test. This way you will be certain that the blood test is accurate - if you have not eaten gluten-containing foods, the test will be normal.

The good news

Gluten-free diets are not all bad, in fact they can be a healthier path to success. A lot of foods are gluten-free naturally like fruits, vegetables, meat, eggs and cheese, so you would not need to sacrifice a big portion of your diet. You can still enjoy the company of a good wine (or cider, sherry) but beer should be avoided. If you just want to try the gluten-free diet you can - focus on the foods above, check grains like quinoa (gluten-free) and be certain to always check the labels of all the products that you purchase from the local store.