

Help For Gluten Sensitivity

Getting glutened can feel just like the flu: you might feel achy, fatigued, depressed, headachy, have gastrointestinal distress, get a rash, experience swelling or joint pain, or other not-so-fun experiences.

Luckily, there are a few things you can do to help get over getting "glutened"—and there's even now something you can do to prevent getting glutened in the first place.

Reduce Inflammation

Take 10 [Intenzyme Forte](#) on an empty stomach first thing in the morning to help reduce inflammation.

Take Digestive Enzymes

[Bio-6-Plus](#) will help speed up the breakdown of carbohydrates, fats, and proteins.

Take a Binding Agent

Activated charcoal is adsorbent, meaning it will help soak up toxins in the food and can help reduce the gastrointestinal distress from gluten exposure. You can get capsules from a health food store.

Take L-Glutamine

L-Glutamine helps repair the gut lining that is damaged by gluten. Take up to 5 g per day. You can put [L-Glutamine Powder](#) into your water bottle and sip on it throughout the day to rehydrate and help the gut seal up again. Do this for a week after the gluten exposure.

Take a Probiotic

80% of your immunity comes from your gut. To help get it back into balance, load up on the [BioDoph-7 Plus](#). Take one (1) three times a day with meals.

Bonus Tip: Prevent Getting Glutened

Biotics Research's latest product, [Gluterase](#), is an enzyme that quickly breaks down gluten. If you are sensitive to gluten, we recommend you take Gluterase™ when eating out. The product is intended for those with gluten sensitivity and not Celiac. Also, it is intended just as a preventative measure, not as a Band-Aid for eating an entire loaf of French bread (sorry).

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