

5 Things You Didn't Know About Gluten

This video shares some information most people do not know about gluten.

Gluten is one of the causes behind almost all of the major and minor health issues we face today. Wheat is not what it used to be. We changed it. And the wheat we eat today is just plain toxic to us.

<http://www.youtube.com/embed/xloudUAXwRE>

If you are looking to feel better and restore your health, in virtually every case, getting off of wheat and refined sugars are the first and most important step.