

UNDERSTANDING THE RESEARCH



Limits To Research

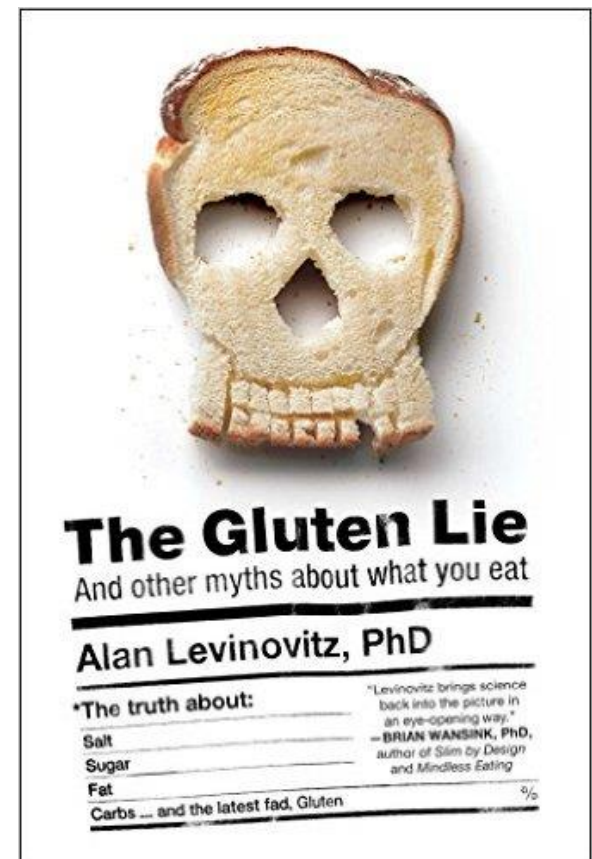
- Research study conclusions are not facts
- At best, they provide a piece to the puzzle
- It important to not overstate the results
- Researchers are conservative
- We live in a age where small research results are blown up into huge theories and presented as facts



The Gluten Lie:

And Other Lies About What You Eat
by Alan Levinovitz

Fascinating book about “*debunking the myths that dominate the American diet and showing readers how to stop feeling guilty and start loving their food again—sure to ignite controversy over our obsession with what it means to eat right*”.



Keep An Open Mind

- We are easily influenced – most never checkout or question what they hear or read
- Monash University found in a placebo, double blind study all groups reported worsening of symptoms including the placebo group leading researchers to conclude no correlation with gluten and NCGS
- Research does not help us because it is all over the map
- We have to be careful what we say and how we say and not jump to conclusions
- The purpose of the information in this program is to help clients with more option

