

## Monthly Report

February & March 2017

Motonari Hamanaka

I am afraid I did not have enough time to write this report last month. This report is actually non-monthly report now. I will have exams at the end of April and the research project from May to June, which makes it difficult to write this report again. However, I will do my best to manage time. Anyway, I introduce gluten-free foods in this report. Have you ever heard this word? I had not known it since I came here, but I often see this word at the supermarket so I tried to search this.



Gluten is a kind of protein found in wheat and related grains including barley and rye. Some people can fall into celiac disease that is an autoimmune disorder in which the body mistakenly reacts to gluten. Hence, gluten-free foods are originally intended for those people with celiac disease. However, many people do not understand gluten free foods well. In the most cases, people buy these foods just thinking that they should be healthier than gluten containing foods, like buying sugar-free or alcohol-free ones. This is a totally wrong idea. Behavior like this can affect people who really need gluten free foods and can cause serious damage to those people. It is said that some internet sites or some celebrities mislead to this situation by saying gluten-free foods make you feel better and healthier. From this study, I have learned we should take much care about things we do. Things we do can unintentionally have a big meaning.

I recommend the following video that is discussing gluten-free diet from CBC marketplace.

<https://youtu.be/bM4qGNxQE68>