

NON COELIAC GLUTEN SENSITIVITY



WHAT IS NCGS?

Non-celiac gluten sensitivity has recently become a frequently-discussed topic among the scientist, and despite a number of studies, **it is still unclear what is the exact cause and mechanism of its origin.**



WHAT WE DID?

We investigated the effect of consumption of gluten and easily fermentable carbohydrates on the intensity of negative symptoms, anthropometric parameters and blood pressure. This was investigated using **an observational clinical study.**



HOW WE DID IT?

The study lasted **14 weeks** and consisting of two phases and involve **9 volunteers**. The **first phase** included a **gluten-containing diet** and a gluten-free diet, as well as **double-blind exposure weeks** and the **second phase** included a **diet with a reduced amount of easily fermentable carbohydrates** followed by an exposure test. The intensity of negative symptoms using a visual analogue scale, anthropometric parameters and blood pressure of all volunteers were regularly measured.



WHAT ARE THE RESULTS?

The results showed that **neither gluten nor easily fermentable carbohydrates had a significant effect on the intensity of negative symptoms** in our volunteers. The intensity of the negative symptoms was assessed subjectively using a visual analogue scale. The results of the study also showed that there was **no significant change in anthropometric parameters and blood pressure** due to the consumption of a gluten-free diet and a diet with a low content of easily fermentable carbohydrates.



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