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**By Samantha Welti**

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What exactly is gluten? Most Americans can't give a satisfactory answer, a survey published Tuesday found. Though 9 in 10 Americans have heard of the protein

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<http://www.slideshare.net/xx9v4/school777-31392707>

Full Definition of GLUTEN : a tenacious elastic protein substance especially of wheat flour that gives cohesiveness to dough glu ten ous \ gl t-n s, gl

<http://www.merriam-webster.com/dictionary/gluten>

Here's a youtube video of Scott sharing his thoughts on the Paleo Diet and why Embracing a Minimalist Lifestyle How to Live Simply and [Kindle Edition]

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