



RESEARCHING

This page is mostly about the benefits of doing our own research.

[Check out Sheffield's site for up to date info on research.](#)

Doing our own research will have benefits. It can be time consuming. But it will mean expanding our knowledge of Gluten Ataxia and at appointments we will be able to understand medical terminology better and ask relevant questions. Also to confidently question and hold a relevant conversation.

Online searches often come up with easy-to-read information. Some of this can be misleading and inaccurate so don't always believe what you read, particularly if the site includes pop-ups, adverts or is trying to sell you something.

There are many places to read Research Papers and PubMed is a reputable place to start researching. PubMed is the National Library of Medicine in the US. It contains over 37 million literatures from science journals and online books with the aim of improving health. The review and research papers can make difficult reading, using medical terminology and words that need looking up. Don't be deterred, these words will become familiar.

The "PubMed User Guide" has a FAQ's section to help you find your way around.

Helpful pointers to look for on the research:

DATE: when the research was conducted and the more recent the better.

WHO: who carried out the research.

WHERE: what country and the institution that carried out the research.

FUNDING: who funded the research and are there any conflicts of interest.

CONCLUSION: always read the conclusion at the end of the research.

ABSTRACT: is a shortened version of the Full Text and often needs opening via being a member of an institution (so a subscription is needed) or buy the article. There will often be ways to read the full paper in another location.

REFERENCES: there will be references throughout the paper and the corresponding list can be found at the end of the paper and is associated with the research by specialist or condition.

Disclaimer

Articles and information that are written and included on the “The Gluten Effect” website are written by people who are not medically trained. These articles and information are based on the author’s own life experience. We always recommend that users of this website conduct their own research and speak with their doctors before making any dietary changes.