

Important Notes for Gluten Sensitivity

What is Gluten Sensitivity?

- Gluten sensitivity can range from true Celiac disease (tip of the iceberg) or to what most folks experience called ***Non-Celiac Gluten-Sensitivity*** (or Immune-Mediated Gluten Intolerance.)
- Dr. Slusher is now a Certified Gluten Sensitivity practitioner by Dr. Tom O'Brian (founder of the Gluten Summit.)
- Research over the past few years indicates that Gluten Sensitivity has been shown to be an initiator of multiple pathologies, including ADHD, ADD, Migraines, Depression, Recurring Pancreatitis, Interstitial Cystitis, Osteoporosis, Type II Diabetes, Ataxia, Cardiomyopathy, infertility, Hepatocellular (liver) Carcinoma, and Autoimmune diseases like Hashimoto's, Neurological impairment both to the Central Nervous System as well as the Peripheral Nervous System, skin conditions like eczema, joint, muscle and connective tissue disorders, and many more.
- See attached symptom sheet for effects on the body from Gluten Sensitivity.

Is Gluten Sensitivity a fad?

People have eaten bread, "the staff of life," for thousands of year, so why are so many people Gluten Sensitive?

WHEAT FACTS

- Wheat **before** the 1960's was completely different. It used to be four feet tall with 28 chromosomes. Now it is 12-18 in. tall with 44 chromosomes and has been hybridized and genetically modified by scientists to increase yield – making it drought, pathogen and fungus resistant – but at the expense of human health.
- Previous testing for Gluten Sensitivity (which is now out-dated) included biopsies of the small intestine looking for villous atrophy (intestinal damage), or serum blood tests which only screened for 1 peptide of wheat, to identify immune reaction to wheat.
- ***Current cutting-edge testing*** by Cyrex Labs tests for 12 of the most antigenic pathogens (most likely to provoke a reaction) of the new wheat! These include proteins, peptides and enzymes.
- Gluten is comprised of two forms of proteins: gliadins and glutenins. Gliadins most vigorously trigger immune responses.
- Gluten isn't the only villain in wheat flour. Twenty percent (20%) of nongluten proteins include albumins, prolamins, globulins and agglutinins.

FACT: Celiac disease has increased 4-fold over the past fifty years, since wheat was modified. It used to be 1 in 2,000 people were affected; currently it is 1 in 133.

What occurs in the intestine of Gluten Sensitive people?

- Wheat triggers the release of Zonulin, which regulates intestinal permeability. It causes the tight junctions between intestinal cells to open so undesirable proteins enter the blood.

- This triggers an immune response and consequent inflammatory process which travels to the body's weakest links. Intraepithelial lymphocytes are activated to wheat as the body mounts an immune response to this food, just the same as if it were a pathogenic virus, bacteria, etc.

What do I eat if I give up gluten?

- Meats, vegetables, eggs, dairy, fruits, nuts, potatoes, seeds, beans, salads, rice, oats and other grains, such as amaranth, buckwheat, teff, quinoa, millet, and sorghum.
- Substitute gluten-free pasta, like brown-rice pasta, for regular pasta.
- Substitute gluten-free breads, crackers, muffins, etc. These are readily available in most stores; Wegmans especially has a huge selection.

What do I do if I still don't feel better after I'm off wheat?

CROSS-REACTIVE FOODS

- There are gluten cross-reactive foods that can provoke a similar reaction.
- Twenty-four (24) such foods are known. The biggest offenders are corn (almost all of which is genetically modified), quinoa, milk and chocolate and coffee.
- Cyrex Labs has a blood test to check for cross-reactive foods.

Help! How do I repair the damage to my small intestine (jejunum) and stop the immune reaction?

1. Glutamine – amino acid to heal mucus membranes
2. Colostrum – helps stem immune response
3. Cucumin or Borage oil (GLA) – squelches inflammatory response
4. Beneficial probiotics – re-inoculate the gut
5. B-vitamins, zinc, vitamin D, EPA/DHA Omega 3 fats – correct resultant nutritional deficiencies
6. Remedies to kill pathogenic bacterial forms and biofilms

GREAT WEBSITES FOR LISTS OF GLUTEN-FREE FOODS AND FOODS WITH HIDDEN GLUTEN:

- www.celiac.com, www.celiacsociety.com, www.glutenfreesociety.com

INFORMATION AND BOOKS FOR FURTHER READING:

- Wheat Belly by Dr. William Davis
- Grain Brain by Dr. Purlmutter
- Go to www.TheDr.com and buy the 8 days of 40 world famous Doctors, nutritionists and researchers discussing Gluten Sensitivity -- \$67 for computer access and printable PDF files
- Gluten Intolerance Group (GIG) www.gluten.net – information for children who are Gluten Sensitive
- <http://www.mayoclinic.org/gluten-free-diet/ART-20048530>