

The Gluten Syndrome

Why?

Gluten Syndrome vs. Celiac

Symptoms

Testing

Implementing

Social Issues

Caveats

Why? What's wrong with today's wheat?



Is it TODAY'S Wheat???

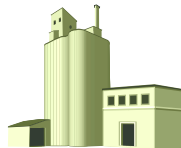
- Our grains have been x ray irradiated, chemically mutated and hybridized



- Our grains are often treated with mercury and chemicals.



- Yeasts and molds grow in stored grains.



- Today's grains are unsprouted and less digestible.

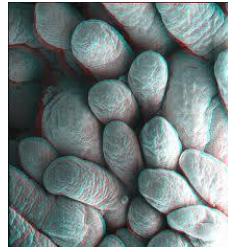
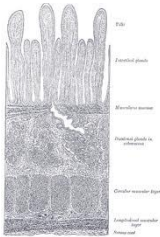


Is it Our Bodies?

- Our bodies are full of toxins, nutritionally weak, and digestion is poor.
- **Leaky gut.** Poorly digested food/gluten slips across and sets off the immune system.
- **Toxins** are waking up dormant genes.
- **These factors and theories probably all contribute**



Celiac vs. The Gluten Syndrome?



- Celiac disease is merely **villi** damage by gluten.
- Villi were simply the first place that gluten injury was noticed by Dr. Karel Dicke during WW 2.
- Celiac Disease is a small Gluten Syndrome subset.

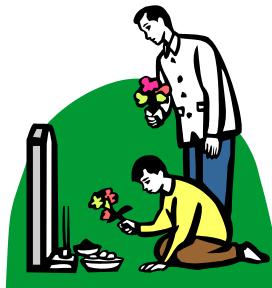
- Gluten Syndrome means Tissue Damage by Gluten anywhere in the body. This can include almost any tissue (including villi.)

- Heart
- Liver
- Joints
- Brain
- Nerves anywhere
- Thyroid
- Prostate
- Pancreas
- Intestines
- Reproductive system, etc
- Adrenal
- Kidney
- Ovary
- Villi
- Teeth



Symptoms and conditions?

- **Symptoms depend on the type of tissue damaged**
- Inflammation
- Autoimmunity
- Malnutrition
- Neurological
- **Silent damage for many years in approx 50% cases**
- The younger it starts and the longer it goes, the worse the injury.
- **End stage symptoms**
- Cancer
- Mental illness
- Neurological conditions
- Organ damage – Diabetes, Thyroid, Liver, glands etc.
- Reproductive – Infertility, poor outcome pregnancy
- Digestive – sometimes IBS, constipation, diarrhea, etc
- Osteoporosis



This kills people!



Testing most likely to dx

Antibody tests

- Need to check as many antibodies as possible.
 - **CYREX LABS** tests many antibodies
 - www.cyrexlabs.com
 - **Dr. Thomas O'Bryan** – order online www.thedr.com
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- **ENTEROLAB** – research stool test for persons who are already off gluten for a few months. www.enterolab.com

Gene tests

- Enterolab.com cheek swab will tell you your actual genes. A one part test.
- **Kimball Genetics** runs a two part test, needed for a small portion of the public.
- Genes can give a lot of info that helps families take the gluten syndrome seriously.
- No financial interest in any lab or product mentioned.

Problem tests – to avoid

Inadequate blood tests

- tTG –IgA - poor screener test that often delivers a false negative.
- Most antibody tests only check 2-4 antibodies. There are several dozen possible antibodies, so most tests show false negative.
- A NEGATIVE TEST MEANS NOTHING, POSITIVE OR NEGATIVE. Check more antibodies.

Biopsies (of intestinal villi)

- Villi biopsies are invasive and only check one of scores of possible injured tissues.
- If the brain, heart, nerves, etc are the point of injury, snipping villi is useless.
- Villi biopsies are unnecessary. Antibodies prove the immune system is reacting.

Elimination diet and silent damage

- **Elimination diet** – Elimination diets can help uncover a gluten reaction. However, the time needed to go GF or go back on varies a lot, and challenging the diet is RISKY. If the symptoms are silent the elimination diet may not work.
- **Silent damage** - *If nerves are injured, they may be “silenced”, and there may be little or no warning for years until the organ or tissue begins to fail.*

Eliminating Gluten – Crumbs Matter!

- All wheat, barley, rye and often oats
- **Cross reactive foods** including corn, egg, milk, yeast, soy, coffee, sesame, chocolate, other non gluten grains



- **Hidden gluten** in processed foods and personal care



- **Cross contamination** home/restaurants



- **Church communion**, both bread and wine



Transition vs. healthy gluten free

Transition - GF substitutes

Gluten free substitutes are:

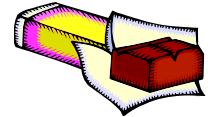
- Higher carb, lower protein
- Still processed
- Still GMO
- Still usually not organic
- Often contain sugar and gums
- Expensive
- We eat more “because we can”.
- **They help us adjust to the diet.**

Healthy nutrient dense habits

- Remove inflammatory foods toxins and let the body rest.
- Intentionally add unprocessed nutrient density.
- Rebalance/restore gut flora
- Help heal barrier damage
- Rebuild a stronger body
- Incorporate healthy emotional & spiritual habits, repentance, forgiveness, thankfulness, joy

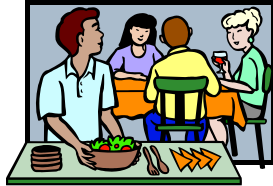
Tips to help comply

- Be prepared! Don't get caught hungry.
- Keep a lunch bag with **HEALTHY BARS**, nuts, figs, dates, GlutenEase, GF soy sauce, olive oil, seasoning shaker, GF tea bags, GF organic jerky, etc.
- Take ownership. Do your diligence, question, check.
- Learn to cook and eat out less.
- **Totally gluten free homes are usually safer and more relaxed.**



Social Issues and Accommodations

The GF Patient



- **Cultivate a joyful attitude.** Be thankful, uncomplaining. Others will match your spirit.
- **Eat before going out** so you are not too hungry.
- **Teach “plain food”** ie., potato, egg, veggies, fruit, plain meat, then season from your kit.
- **Be consistent** so others are not confused.
- **Be appreciative of other’s efforts to accommodate.**

How can family and friends help?

- **Rejoice with the patient. Support them** emotionally with a small item they’ll need to replace as they purge their kitchen.
- **Learn their needs and stay in touch** as their other dietary needs may change.
- **At social events bring “friendly” dishes**
 - **Label dishes** at social events.
 - **Be mindful of serving dish order and proximity to crumbs** to prevent cross contamination.
 - **Be approachable** for ingredient questions.
- **Older women!! Set an example!** Bring simple, nutritious unprocessed food to church and family events. **NO SUGAR!**
- **Make healthy food socially ok in your family, work or church group.**

Caveats

- Some folks have initial **withdrawals** from gluten.
- Going on and off gluten sometimes creates serious reactions and neurological depressions.
Challenges/cheating are risky for above reasons.
- Silent gluten injury may miss early diagnosis.
- Gluten syndrome is usually not the true final cause of many health issues. Toxins, lack of nutrition, stress and genetic susceptibility usually trigger gluten syndrome, which makes the patient worse.