Gluten and Your Health

Transcript

Hello and welcome to our talk today which is about Gluten and Your Health. If you've been listening to me for a while, you can understand where I'm coming from with gluten. You've heard me speak about it before and I'm of the opinion that anybody that is experiencing any health challenges needs to look at removing gluten from their diet.

I've been studying this topic for a very long time and have done a lot of research. I've got stacks and stacks of research papers, I've listened to and read just about everything on the topic. My ultimate conclusion is that in a person that has any health challenges, hormonal imbalances, aches or pains, or autoimmune diseases, gluten is not your friend.

Based on recently reported findings from doctors and researchers who are prime and premier immunologists studying the area of gluten, their belief is now that nobody really can digest gluten the way it is today in our modern times. It's become so hybridized and so changed, and the gluten and gliadin content of our modern wheat and gluten containing products is so far from non-hybridized ancient forms, that it's not okay for any part of the body.

Let's talk a little bit more about this topic. Before we begin I just want to make sure that you are aware that what I'm telling you is not to be taken as medical advice or medical diagnosis. It should not replace a one on one relationship with a qualified healthcare professional. If you are under the care of a doctor or you are on any medications, please be sure to discuss any of the recommendations in this presentation with him/her before you proceed.

Let's begin the truth about gluten and how it can silently destroy your health. Before we begin we need to start the presentation with: what really is gluten? where does it come from? and how we can minimize our exposure and repair the damage that it has caused.

There is a lot of other resources besides this presentation that I'm going to give you as part of this module. What exactly is gluten anyway? We hear all this fuss, hullaballoo, talk and controversy about it being bad for us. Let's take a closer look at what exactly gluten is.

Gluten is defined as protein, or a group of protein found in common grains. The most common of those grains are wheat, barley, rye. The less common are triticale which is a kind of a hybrid form of wheat, rye, barley combination, spelt and kamut which are actually the opposite of a hybrid form, they are actually the ancient grains, the untouched, what it used to be before we got in there and altered it with our modern technology.

That's technically what gluten is. Let's take a look at where exactly gluten is found in the diet. Wheat is found in breads including Ezekiel bread and Essene bread. I can't tell you how many people tell me that they are gluten free, they just eat Essene bread or Ezekiel bread, which is a sprouted bread, commercially available or homemade. Mostly people buy it commercially and they really do contain plenty of gluten and might actually be worse because they contain some wheat germ agglutinin, which we'll talk more about shortly.

Baked foods; anything from muffins, bagels, pies, pie crusts and crackers to homemade goods which can contain wheat. Often soups are thickened with wheat. You may unsuspectingly buy a soup, and if you haven't asked if it's gluten free, and it's a cream of vegetable soup or broth vegetable soup, there may be some gluten in there to thicken up the broth.

Certainly pastas, macaronis, noodles of any kind, cereals, sauces again use wheat flour to thicken them up, and salad dressings, believe it or not. Those are all the places, there are probably more, in fact I know there are a whole lot more hidden places where gluten lives and I'll share with you a resource where you can look that up.

For barley, we hear barley malt, it's a sweetener it's an alternative sweetener. It's supposed to be better and lower glycemic than sugar but it can have traces of the barley which can have traces of the gluten, so it's strictly prohibited when you look at the celiac websites. Food coloring sometimes have barley; soups, malt vinegar and beer.

Beer is a big one, a lot of folks that say okay, I can handle gluten free find out that it's beer that is a problem. Rye or bread, specifically rye bread or pumpernickel bread have rye in them which is a gluten containing grain. There is rye beer, for those people who try to get away from barley, I'm not sure why but there are rye beers, and cereals.

And then spelt and kamut which are more like I said, recently rediscovered versions of ancient wheat and you'll find that in bread, pastas, cereals and even other things like crackers and specifically in raw sprouted breads. If you go to a raw foods restaurant and you order pizza, oftentimes the pizza crust is made with sprouted kamut or spelt.

I personally used to do that a lot before I got wise to the fact that gluten wasn't doing my body good. Now we know what gluten is and where it's found. What's the big hullaballoo about gluten? What is gluten intolerance? Why is it that some people cannot digest what's supposedly the 'staff of life' in a perfectly good food? Is it a fad or is gluten intolerance real?

For those of you who have discovered for yourself how gluten makes you feel, you know beyond a shadow of a doubt that gluten intolerance is alive and kicking.

I personally have had that experience. Gluten intolerance is the inability of your body to digest and assimilate gluten without causing you harm.

What does that mean exactly? Gluten intolerance can be as simple as your body doesn't make enough enzymes to break down the starch/protein combination. Or it could be that your body has created antibodies so your immune system is actually attacking the gluten and the proteins in the gluten, which are the small particles of the gluten, as they go in your bloodstream or as they float their way through your digestive tract.

For some people, the gluten intolerance is because they are sensitive to the opiate-like by-products of gluten. There is one called gluteomorphin which binds to morphine receptors in the brain and creates an addiction.

If you are the type of person who can't eat just one piece of bread or one small serving of pasta, you've just got to go for it all and you find yourself craving it even when you have a little bit, that could be because you've got the sensitivity to the gluteomorphins and quite frankly a lot of people do have that sensitivity.

You can see that there is a lot of ways that we can be intolerant and there is one last way which I didn't mention. Wheat germ agglutinin, which is a lectin that's formed with gluten is said to be enhanced during the sprouting process.

If you eat something that has sprouted wheat, and there are a number of supplements on the market that actually have sprouted wheat in them, and there is of course the Ezekiel breads and the Essene breads, then you are going to have a problem and a sensitivity to that.

Lectins have the ability of just gumming up the intestinal lining and causing inflammation. It is said by the experts in gluten research (immunologists that have been studying it for many years and are said to be the biggest world experts on them) that they don't believe that anybody has the ability to really tolerate gluten because gluten itself causes inflammation in the small intestine.

What does it look like? We are going to look at that shortly. How do you know if you have a gluten intolerance? My personal belief, and that's backed up by a lot of the scientists who are studying this, is that anyone who has any symptoms at all meaning depression, low thyroid function, autoimmune situations, digestive woes, headaches, joint pain, any kind of chronic inflammation.

You need to look at gluten as a culprit and get it out of your diet. And my recommendation is for a six months abstinence period so that you can really allow it to settle down because a lot of the research shows that it takes about six months before the antibody reaction actually settles down.

Let's talk a little bit about your immune system and how your immune system starts to attack gluten which could create problems for you throughout your body. Your immune system's job is to protect yourself. It's like the police department, an army of your body, it's deflecting off the bad stuff and it creates a bunch of responses when that happens.

What your body is trying to protect itself from through your immune system is bacteria, viruses, fungi, yeasts, moulds, food particles that get into the blood stream. Food particles, we recall, are supposed to stay in the digestive tract and be eliminated.

When we have a constant diet and lifestyle that supports breakdown of that digestive tract by drinking a lot of alcohol or caffeine, pesticides in the food, exposure to chemicals, eating too fast and under stress, and eating gluten which destroys the microvilli in the intestinal tract. This creates a condition called leaky gut that allows food particles to make their way through the barrier.

The little shield (the barrier) gets holes in it, and instead of deflecting off the immune barriers in your gut, the food particles are actually able to penetrate through, which can create an immune response just as if your body was protecting you from a bacteria or fungus. Dirt is another thing your immune system protects yourself from and that's usually happening more in the nose, the sinuses and in the lungs, you cough that stuff up and out.

Then there are parasites of course. Parasites are just like fungi, bacteria and moulds; they are damaging to the body and your immune system has to push them away. Finally there's environmental toxins, things that are in the environment that are not serving you. Part of your immune system's job is to deflect those.

Let's talk a little bit about immunoglobulins because when we talk about testing for gluten intolerance, you will hear about immunoglobulins, and these are antibodies. Antibodies a.k.a immunoglobulins: there are actually five classes of them. You've got your IgMs and IgDs which are first line defence, they come in when you are first having an attack.

IgG is the most prevalent in the blood; they come in a little bit later and are there for the longest time. IgAs are in your mucosal surfaces like the respiratory tract, they line your sinuses, lungs, gut and mucous membranes in the reproductive tract. Anything that is a mucous secreting membrane in the body is protected by antibodies called IgA antibodies.

Finally we have IgE antibodies, which are usually the ones we think of most when we think about allergies. If you think of people having sinus problems and hives, those are usually mediated by immunoglobulins or antibodies of the IGE category and they are in the respiratory tract, they are also in the GI tract.

The kinds of reactions that we usually see with this are asthma, hay fever, and hives; and they can be involved with parasitic infections as well. That's a really brief overview of the immune system and how it works and we'll talk about how it relates to food allergies and sensitivity to gluten.

Food allergies, allergic responses, can be immediate or delayed and food should not get into the bloodstream. The only immunologic reaction that should happen to foods is in your digestive tract and the idea is to keep that from getting into your bloodstream.

Leaky gut happens and then these antigens, which are the opposite of antibodies, antigens would be those foreign proteins so in this case we're talking gluten. So again, IgA protects the mucous membranes, IgD, that immediate histamine response. Histamine is when you get the weepy eyes and everything is flowing, and then the IgG is usually considered a delayed hypersensitivity.

If you have an IgG type reaction to a food you may not have a reaction within the first 24 hours. It may occur as much as 3 days later, which makes it really hard to detect. IgMs we usually don't measure but you can there are allergy tests that measure IgMs in early allergic response.

There are food allergies and then there is food sensitivities. Food sensitivities are where your body reacts poorly to a particular food but it doesn't do it through the immune system. With gluten we have both food allergies and we also have sensitivity, in that we have an allergic response, any one of these types of antibodies can be produced and measured.

We'll look into a little bit better, which ones are preferred. Gluten causes inflammation in the gut. It causes some opiate type responses so when your sensitive to a food you may or may not be able to measure it on a blood test by measuring antibodies.

Food allergies, I can't stress enough, are very frequently caused by a leaky gut because the leaky gut is a penetration of that barrier. It's a breakdown of that barrier and it allows the partially digested food particles to enter the bloodstream and be treated as if they are a foreign entity.

This is a little bit more detail. We go into this a lot more in our fat digesting and fat module where we talk about inflammation. Basically, in the membrane of every cell is this arachidonic acid cascade which is fed by the fats. You can either go down and produce really potent inflammatory mediators called leukotrienes, or thromboxanes which are a little less potent.

But basically in that cell it's this masked cell membrane; there are these particular cells that are protective cells and this cascade creates inflammation.

The idea of the inflammation is to kill off the foreign invader. We don't want this happening to our food, do we? Again this is a repeat; we have this in the fatty acid cascade.

Your firefighters are trying to put out the fire and the fire is burning; there are ways to control this via diet and nutrition. When we have gluten intolerance, it's a number one priority to get off gluten because the gluten is creating an immunological response in the body and inflammation.

But two, we want to support our body's abilities to heal and decrease the inflammation in those areas, and some of those supportive nutrients we'll go into in more detail in our fat module. Now let's look at what some of the symptoms of gluten intolerance are. I've got four slides of symptoms and these symptoms can be all over the place.

There is of course the obvious, some people can gain weight and some people lose weight. People with true celiac disease will sometimes have so much diarrhoea that they lose weight as a result of taking in gluten. Let's differentiate between gluten intolerance and celiac disease. A lot of conventionally trained doctors do not know the difference and they don't acknowledge that there is something called non-celiac gluten sensitivity.

Celiac is a condition where the gluten allergy or sensitivity has caused damage to the villi and the lining of the small intestine and that damage is actually measurable and visible. If you do a biopsy you'll be able to see the changes in those cells. If you do an endoscopy you can see ulcerations.

That's celiac disease. By medical convention, celiac disease is only diagnosable by doing a biopsy of the small intestine. Celiac disease has a particular set of genetics that predispose a person to it. Gluten intolerance has a different set of genetics. There is some overlap. You can have weight loss when there is so much mal-absorption that everything is moving through you very quickly.

Or you can have weight gain by your body going into this massive response with the immune system and there a lot of inflammation. Nutrient deficiencies can result because of mal-absorption. Remember the villi, which are the absorptive surfaces in the gut, actually get disrupted. Think of these villi as finger-like projections.

Pick up your hand and open your fingers wide and now wave your fingers around. Those are the villi in your intestine. Along the side of each finger, every single part of that surface, there are microvilli and they are little projections sticking up to increase the surface area even more. Along those microvilli is where the actual absorption happens.

If you are taking in gluten over time, like most of us, we live our whole lives taking it in until we realize much later the damage it's caused.

Think about those fingers, now fold your fingers in half and see how much shorter they are and how much less surface area there is if those fingers get cut in half from the damage and the inflammation. Now just fold it down all the way so that you just see the knuckles of your hand.

That's what a lot of folks are running around with and you might be too where you've gone from having this shag carpet-like appearance of your small intestine to this tile floor appearance and then absorption goes decreases, which leads to mal-absorption of nutrients, a variety of nutrient imbalances, B12, iron, magnesium, zinc, vitamins, minerals, everything.

As a result those nutritional deficiencies can lead to symptoms anywhere in the body. One of the commonly overlooked areas of gluten intolerance, except by those of us who are more savvy on this but by conventional medicine, is the issue of neurological problems. When I was doing some research I found papers that dated back as early as the 1930s where they were making the connection between neurological symptoms and gluten intolerance.

That's a long time ago. This is not a new disease. Also symptoms can be gastrointestinal symptoms. Those are the most common ones that doctors have been trained to look for; bloating, pain, gas, constipation, diarrhoea and usually they'll start asking questions and they'll find out that it happens every time the person has bread.

Unfortunately, medicine has not been equipped until recently. They are starting to get a little more open as to how to work with people here. The other thing that you might see is fat in the stools and that's due to poor fat absorption as a result of things being damaged. That would look like a very light colour like a clay colour stool or a greasy looking stool.

More symptoms of gluten intolerance; these are far away from the gut. Aching joints; people are diagnosed with inflammatory arthritis or some sort of arthritis and finding out that these aches in the joints are actually related to inflammation caused by an allergy or a sensitivity to gluten. Depression affects the neurology.

You can have imbalances in serotonin, dopamine and GABA that create depression. Brain fog is another one that's very commonly associated with gluten intolerance and lethargy, brain lethargy, no motivation. Eczema is another one; skin eczema, psoriasis, a number of different skin conditions, have been associated with gluten intolerance. When you, if you have these, get off of gluten you will have a huge difference.

Headaches, migraines, cluster headaches, what appears to be tension headaches, could be related to the inflammatory response of gluten intolerance. And finally exhaustion, I hear this all the time, people are just tired. I used to get that way and I never even associated it, I would have a bowl of pasta and I would feel like I wanted to go to sleep.

Let's look at more. Some of these are more serious; infertility, irregular menstrual cycles, miscarriage. These can be really devastating emotionally yet a simple cause of underlying gluten intolerance can clear some of these up. Cramps, tingling and numbness in the extremities, symptoms similar to MS, or even MS. Multiple sclerosis has been attributed in some cases, a lot of cases to gluten intolerance.

Slow infant and child growth, that's one of the classic ones that MDs are taught in medical schools. Celiac disease causes failure to thrive, meaning the infant or the child grows very slowly, they are very slow and late on their milestones of various things that they do, and developmentally.

That in combination with diarrhoea and that's a classic celiac diagnosis. I've seen a bunch of kids where that were missed. Then a decline in dental health; kids having to get fillings and other things happening when they are very young. Other signs of gluten intolerance, again more serious; behavioural changes and irritability, people might be called ADHD, lack of focus, early onset Parkinson's.

Parkinson's is a dopamine deficiency, a really severe dopamine deficiency. When we talked earlier about gluten intolerance being a possibility in depression, it's any kind of neurotransmitter imbalance. Alzheimer's; Alzheimer's is often called type three diabetes or diabetes of the brain, insulin resistance of the brain.

But gluten as a source of damaging the brain in such a way that it doesn't produce enough acetylcholine, the neurotransmitter that gets deficient in Alzheimer's. There are lots of good results from going on a gluten free diet, and adding extra coconut oil for the MCTs has been helpful for Alzheimer's.

Then there is Autism and ADHD. I did a whole paper on the neuro-developmental issues associated with gluten intolerance and lots of research on Autism and ADHD and Aspergers responding well to removing gluten from the diet in addition to other things as well; but it could be a big component. Here are some more.

Hormone imbalances, thyroid problems, Hashimoto's thyroiditis and any autoimmune disease; if you have one, you've got to be 100%, 1000% off gluten. Not a morsel of gluten should cross your lips. Insulin resistance, problems with the insulin receptors getting damaged, diabetes, especially type 1 diabetes, has been associated with it. Autoimmune disease of any kind. Crohn's disease, which is an autoimmune disease that can strike the small or the large intestine with ulceration, has a big-time gluten intolerance association.

Hormone imbalances of other kinds; estrogen, progesterone, testosterone just because of the destruction of these metabolic pathways.

Have I convinced you yet that it might not be a bad idea to get the gluten out of your diet? If you are not convinced, and personally I have never tested myself; I just know the way my body reacts and I'm totally willing to keep the extra hundred, couple of hundred bucks in my pocket. But there are ways to test for gluten intolerance.

You may need that or you may have relatives who need that, or friends. I know I've worked with clients who have said "well, I try to be careful" and they'll get most of the gluten out. But they are not strict when they go out. They figure 'yeah, yeah this is enough' and then when they get the test done, they realize no they have to go 100%.

It can be good for those of you who are not 100% because you think it's okay to be close to 100% and it's not the case with gluten intolerance, just even a tiny bit. I posted a blog, it was based on a video that Dr. Tom O'Brien did. I've interviewed Tom O'Brien a few times on my radio show and he talked about how he was struggling with a case and she was gluten free and she still wasn't getting better.

They are doing all this stuff, it turned out she wasn't really gluten free, he found out just a happenstance that she was actually a nun and was taking communion at least once a week if not more. And those little communion wafers that are used, I know in the catholic religion I'm not sure which other religions, but at least in the catholic religion they are little flat wheat wafers. Even that little bit in her communion wafer was enough to continue her symptoms.

And when she got off it, boom, the symptoms went away. Dr. O'Brien also shared another story with me when I was talking to him on the phone about his own personal response. He had done a brand new test that came out for testing antibodies and he got tested because he wanted to see what the test looked like and who is he going to refer to for his patients.

And voila, he noticed that three of the brain antibodies were elevated in him. Basically his body was producing bullets that were shooting at his brain turning his brain into Swiss cheese, unbeknownst to him because he wouldn't have symptoms until there was extreme damage done.

He swore up and down they must have made a mistake, contacted the laboratory 'it can't be right, I'm a perfectly healthy person, my brain works just fine, thank you very much.' And they said 'no it is right,' they re-did it. He decided to take his own advice and he went on 100% gluten free because he had up until that point thought well I don't have any symptoms I'm not sick that 100% point applies just to my patients. Well, he was wrong.

He went 100%, he did some work to heal his leaky gut and voila, his brain antibodies went away. How is that for a gift? You trade in your gluten for your brain. It's awesome, you trade in your gluten for your fertility.

Easy trade, you trade in your gluten for your brain functioning properly and not being depressed anymore, or your gut working properly, or your skin being clear.

It's all a matter of tradeoffs and if you're ill in any way, shape or form, with any kind of hormone imbalance or inflammatory condition, skin condition, digestive disturbances, I urge you to go gluten free and we'll walk you through it. So how do we detect it? Well the old fashioned way which I think is the gold standard; hard but most accurate, is an elimination diet, a process called elimination provocation.

For four days, you eliminate all suspects. This is where it gets tricky because there may be something that you are suspicious of that you don't eliminate. But at least if we're talking about gluten, what we do is we eliminate it; in the case of gluten it's more than four days, you would probably want to do it at least three to six months.

You can fast, obviously you are not going to do that three to six months, but for four days you could. You can use a medical food product, which is basically a protein powder with lots of nutrients. Or you could do what's called the rare food diets you just take foods that you rarely eat, that you only eat once or twice a year, and you eat just that for a few days.

That way your body is not getting assaulted with the things that it eats on a regular basis. Then the provocation is one new food at a time, there is the three-day rule. You add the food in as much as you can eat for three days and you monitor carefully. If you don't have any symptoms after three days then likely that food is not a problem.

This doesn't apply all that well for gluten because if you don't stay away from it long enough, you don't give your body a chance to heal from all the damage that it's done. But it does help because a lot of times the gluten is concurrent with other food allergies and we just get rid of the gluten and not the rest, so a lot of the inflammation is still happening.

There are other ways. There are blood antibody food tests, where you measure the antibody titer to a specific number of foods. Usually they are measuring either IgG, or IgG and IgA. Most of them measure just IgG which as you recall is the delayed sensitivity. If you have a mucous membrane response which often happens in gluten intolerance, it won't get picked up by an IgG antibody test.

The other issue with that is, IgA antibodies are those that are just sitting waiting in the mucous membranes. They are always there and they are on surveillance. Even if you've been away from that food for a while the IgA will still show, especially if you do an easy stool test for it. The IgGs though are usually happening after there has been an exposure.

For example, if you suspect that you are allergic to gluten and you go off it for three months and then you want to do a test, if you do a blood test for IgG you need to eat the gluten before you do it to see if your body reacts, which you may not want to do if you've been getting some good results.

Some of the labs also offer a combination of IgM and IgA and many of them offer IgE which is just the immediate hypersensitivity, which I generally don't run or think that they are valuable because many people know what their IgEs are because it's an immediate response. I find that blood antibody tests have mixed reliability. I have colleagues who agree with me, I have colleagues who don't.

You get a large number of positives when you have a leaky gut. You may be feeling kind of depressed when you do a food allergy test and you get back that you have 47 foods you are allergic to. What that says is you've got a leaky gut and we have very specific protocols that we go into in the fast portion of the program.

ALCAT is another kind of antibody test, it's actually not testing antibodies, it's testing leukocytes, actually not testing them in the blood, it's testing them in the white blood cells. Mixed reviews on this one, some say it's more accurate because it's not just looking at the serum and they are not actually measuring IgEs or IgAs.

They are basically challenging your blood with the various food particles or isolated food components and seeing how they react. I've done a couple of these tests and you get a lot of positives. It may or may not be as accurate or as easy to follow up with as you'd like. They have about 350 foods, chemicals, and herbs, that they use; so not the best way, in my opinion, to test for gluten intolerance.

Then there is this stool antibody gluten test from EnteroLab and they basically measure anti-gliadin antibodies in the stool. They measure IgA and, if you choose to pay extra for the test, they'll measure foods that cross react like eggs, corn, soy and dairy.

They measure the IgA, it's in the stool so the downside is you have to get your poop into a cup and then send it off to a lab. They also have tests for inflammatory markers and genetics so you can actually see, do I have the genes for it?

As we'll see the genes can actually be tested in a much more cost effective way by doing the entire 23andMe test for about $100 versus their genetics is a couple of hundred and they only measure the markers for celiac and for gluten intolerance.

Recently, over the last two years, Cyrex Labs has come out with an array they call array three, they name all their test arrays.

When they started out they just had four, they added five, and now they've got up to 20 different types of tests that you can do. But the thing about the stool test, which is as close to accurate as I can get, is they only measure gliadin.

Gliadin is the most common component that you are going to have an allergic response to but it's not the only one. This Cyrex panel measures 20 different sub fractions of gluten, not just the gliadin. It measures things like gluteomorphins and your response to those, and it measures wheat germ agglutinin.

It is highly sensitive. The downside is you have to have somebody draw your blood and then send it off to the laboratory to be processed. Then there is the gluten cross reactivity test, also from Cyrex Labs, and 30% of gluten sensitive people don't get results when they just go off gluten.

A lot of people do, and you might be one of them but if you are one of the 30% that hasn't really experienced major results by going off gluten, it could be that you're cross reacting to other foods and your body is acting as if those other foods are gluten when in reality they are not and they get the same reaction. I've had cases of people who have taken the gluten sensitive, the cross reactive foods out of their diet and had antibodies for lupus go down to a manageable level; so it can be pretty dramatic.

They measure foods that are known to cross react and 80% of people that are sensitive to gluten are said to be sensitive to casein. This is a picture of the Cyrex Labs cross reactivity tests; you can see all the things that they have listed and they have columns. It's either normal, equivocal meaning there is a borderline response, out of range means there is an absolute definite response, and then they give you the values.

What if you have gluten intolerance, what's the treatment? Well, one treatment is lifelong avoidance of gluten. Now if you have a simple intolerance because it causes inflammation, if you just stay away from it and occasionally have it, once you are healed you might get away with it, but I would always test those antibodies just to make sure. Because if you've got the antibodies and you've got the genetics, it's unlikely that you'll ever be able to eat gluten again.

Now the good news is there are a lot of substitutes, the bad news is a lot of the substitutes are pretty bad too. We'll be giving you lots of recipes to help you to make non-gluten yummy foods. And finally I've got a book for you and it's called *Eliminate the Gluten, Accelerate your Health* and it's got a transcript of an interview that I did about gluten several years ago.

It's got some recipes, it's got lists of foods to avoid, and hidden sources of gluten; also I think it has some hidden sources of dairy because dairy cross reacts. In addition to getting off the gluten though, it's really important to heal your leaky gut.

It’s really important to get in there and clean up the damage that’s been done to the gut otherwise you are not going to be able to absorb your food properly.

You are still going to have inflammation, you may still have diarrhoea and some other symptoms so it’s really, really important. If you've come off gluten and not noticed results, it could be the cross reactives, it could also be that your gut is still leaky and you need to heal it.

It could take a year of repeated efforts to repair depending on how bad it is. Without a biopsy we can’t really go in there and see how deep your nice little villi are and how broken down they are, so you have to rely on symptoms.

This concludes my talk about gluten and gluten intolerance. I trust that you’ll find this really helpful and we’ve got a lot of additional resources on the page to help you. The bottom line is if you have any symptoms at all; low energy, joint pain, any gut symptoms, skin rashes, problems with your periods, menopausal symptoms, low sex drive. There are any number of symptoms that you could have.

If you do, then make a vow to go off the gluten. I recommend going off the top six allergens for at least a week. If you know of any things you are allergic to, get off those too, and then really follow the protocols that we give you in the digestive module to help you to repair your gut for good. Thank you so much, this is Dr. Ritamarie Loscalzo.