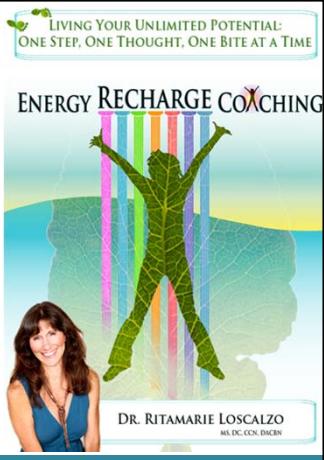


Energy Recharge Coaching: Gluten and Your Health

With
Dr. Ritamarie Loscalzo



Medical Disclaimer: The information in this presentation is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Dr. Ritamarie Loscalzo, drittamarie.com, and the experts who have contributed. We encourage you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.

**The Truth About Gluten and
How It Can Silently
Destroy Your Health**

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**So...
What Exactly
is Gluten Anyway?**

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So...What Exactly is Gluten Anyway?

- ✓ A protein – or a group of proteins
- ✓ Found in common grains
 - ✓ Wheat
 - ✓ Barley
 - ✓ Rye
 - ✓ Triticale
 - ✓ Spelt
 - ✓ Kamut



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Where Are Gluten Grains Found?

Wheat

- * Breads
- * Ezekial Bread
- * Essene Bread
- * Baked Goods
- * Soups
- * Pasta
- * Cereals
- * Sauces
- * Salad Dressings

Barley

- * Malt
- * Food Coloring
- * Soups
- * Malt Vinegar
- * Beer

Rye

- * Rye Bread
- * Pumpernickel Bread
- * Rye Beer
- * Cereals
- Spelt, Kamut**
 - * Bread
 - * Pasta
 - * Cereals
 - * Sprouted Raw Breads

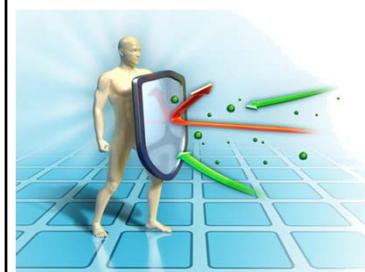
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What Is Gluten Intolerance?

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Immune System's Job

*Protect from foreign invaders called antigens
(the police department and army of the body)*



- ✓ Bacteria
- ✓ Virus
- ✓ Fungus
- ✓ Yeast
- ✓ Molds
- ✓ Food particles
- ✓ Dirt
- ✓ Parasites
- ✓ Environmental toxins

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Antibodies - Immunoglobulins



- * **IgM and IgD:** First line.
- * **IgG:** Most prevalent in blood.
- * **IgA:** Mucosal surfaces, in serum, and in secretions. Secretory IgA - GI and respiratory tracts.
- * **IgE:** Respiratory and GI mucous secretions – allergic asthma, hay fever, skin reactions i.e. hives and parasitic infections.

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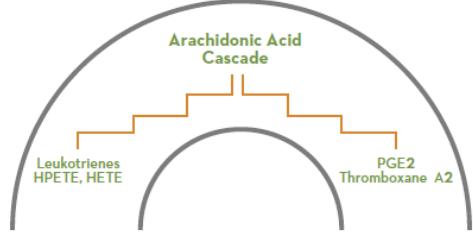
Food Allergies

- * Immediate or delayed
- * Immunoglobulins involved:
 - ✓ IgA: mucous membranes
 - ✓ IgE: immediate, histamine
 - ✓ IgG: delayed
 - ✓ IgM: early in allergic response
- * Food sensitivities
- * Frequently caused by leaky gut

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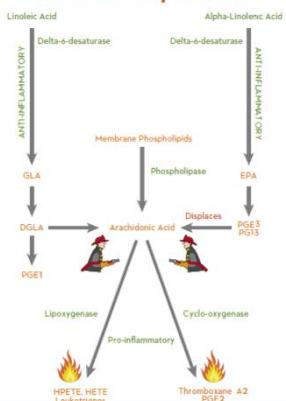
Mast Cell Membrane



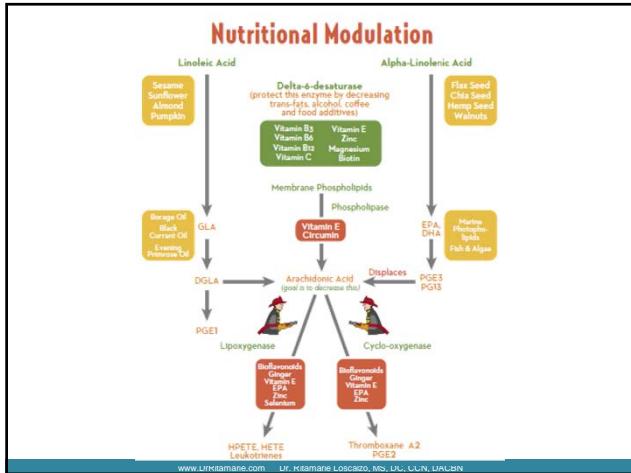
Producing Pro-inflammatory Agents

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Inflammatory Cascade



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Symptoms of Gluten Intolerance

Symptoms of Gluten Intolerance #1

- Weight loss or weight gain
- Nutritional deficiencies due to malabsorption e.g. low iron levels
- Gastro-intestinal problems (bloating, pain, gas, constipation, diarrhea)
- Fat in the stools (due to poor digestion)

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Symptoms of Gluten Intolerance #2

- Aching joints
- Depression
- Eczema
- Head aches
- Exhaustion

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Symptoms of Gluten Intolerance #3

- ★ Infertility, irregular menstrual cycle, and miscarriage
- ★ Cramps, tingling and numbness
- ★ Slow infant and child growth
- ★ Decline in dental health



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Symptoms of Gluten Intolerance #4

- ★ Irritability and behavioral changes
- ★ Early onset Parkinson's
- ★ Alzheimer's
- ★ Autism
- ★ ADHD



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Symptoms of Gluten Intolerance #5

- ★ Thyroid problems
- ★ Insulin resistance
- ★ Diabetes
- ★ Autoimmune disease
- ★ Crohn's disease
- ★ Hormone imbalances



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Testing for Gluten Intolerance

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Elimination Diet

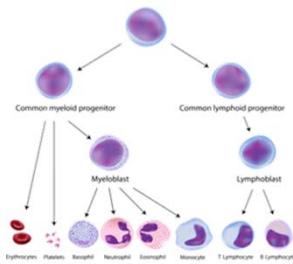
- ★ Eliminate suspects for at least 4 days
 - ✓ Fast
 - ✓ Medical food
 - ✓ Rare foods diet
- ★ Provocation protocol
 - ✓ 1 new food at a time
 - ✓ 3 day rule
 - ✓ Careful monitoring
- ★ FAST – materials provide all the guidelines



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Blood Antibody Food Tests

- ★ Measure antibody titers to a specific number of foods
- ★ Usually IgG or IgG and IgA
- ★ Some labs also offer IgM and IgA
- ★ Mixed reliability
- ★ Large number of positives related to leaky gut



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ALCAT Food Intolerance Test

- ★ Blood Test
- ★ Antigen Leukocyte Antibody Test
- ★ ALCAT Test identifies cellular reactions to over 350 foods, chemicals, and herbs
- ★ A food allergen is added to whole blood or to leukocyte suspensions
- ★ **Lots of controversy and skepticism**



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ENTERO/AB Stool Antibody Gluten Tests

- ★ Measures Anti-Gliadin Antibodies
- ★ Cross Reactive Stool Antigens
- ★ IgA
- ★ Inflammatory Markers
- ★ Genetics

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Gluten Subfractions Reactivity

- ★ Cyrex Labs Array 3
- ★ Blood Test
- ★ Measures 20 subfractions of gluten not just gliadin
- ★ Highly sensitive

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Gluten Cross Reactivity Test

- ★ 30% of gluten sensitive people don't get results when just off gluten
- ★ Measures foods that are known to cross react with gluten
- ★ 80% of people sensitive to gluten are sensitive to casein

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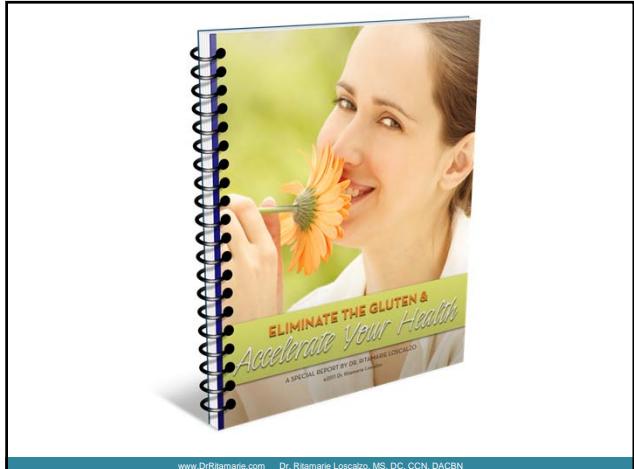
Cyrex Labs Cross Reactivity

| ANTIBODY ARRAY 4 | Normal | Equivocal* | Out of Range | Numeric Value | REFERENCE (ELISA Index) |
|---|--------|------------|--------------|---------------|-------------------------|
| Gluten-Associated Sensitivity & Cross-Reactive Foods** | | | | | |
| Rye, Barley, Spelt, Polish Wheat | X | | | <0.4 | 0.4-1.4 |
| Cow's Milk | X | | | 0.14 | 0.1-1.3 |
| Casein (Alpha & Beta) | X | | | >0.1 | 0.1-1.2 |
| Casomorphin | X | | | >0.2 | 0.2-1.6 |
| Milk-Butyrophilin | X | | | 0.11 | 0.1-1.3 |
| Whey Protein | X | | | <0.1 | 0.1-1.3 |
| Chocolate (Milk) | X | | | 0.12 | 0.1-1.4 |
| Oats | X | | | 0.20 | 0.1-0 |
| Yeast | | X | X | 2.33 | 0.2-1.2 |
| Coffee | | X | X | 1.08 | 0.2-1.2 |
| Sesame | | X | X | 1.47 | 0.1-1.3 |
| Buckwheat | | X | X | <0.4 | 0.4-1.5 |
| Sorghum | | X | X | 0.84 | 0.3-1.2 |
| Millet | | X | X | 0.45 | 0.3-1.5 |
| Hemp | | X | X | <0.3 | 0.3-1.5 |
| Amaranth | | X | X | 0.44 | 0.2-1.3 |
| Quinoa | | X | X | 0.77 | 0.5-1.5 |
| Tapioca | | X | X | 0.66 | 0.1-1 |
| Teff | | X | X | 0.50 | 0.2-1.1 |
| Soy | | X | X | <0.5 | 0.5-1.5 |
| Egg | | X | X | 0.35 | 0.2-1.7 |
| Corn | | X | X | 0.78 | 0.3-1.4 |
| Rice | | X | X | 0.41 | 0.4-1.6 |
| Potato | | X | X | <0.6 | 0.5-1.4 |

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Treating Gluten Intolerance

ERC: Gluten and Your Health



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