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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

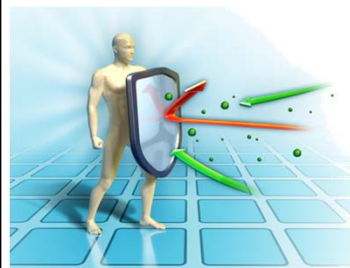
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What Is Gluten Intolerance?

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Immune System's Job

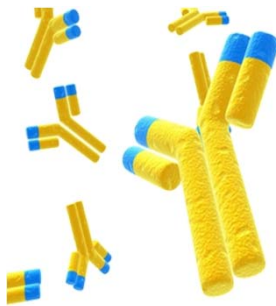
*Protect from foreign invaders called antigens
(the police department and army of the body)*



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

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Antibodies - Immunoglobulins

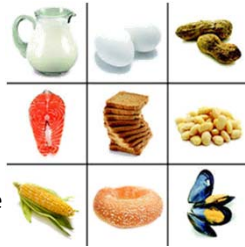


- ★ **IgM and IgD:** First line.
- ★ **IgG:** Most prevalent in blood.
- ★ **IgA:** Mucosal surfaces, in serum, and in secretions. Secretory IgA - GI and respiratory tracts.
- ★ **IgE:** Respiratory and GI mucous secretions – allergic asthma, hay fever, skin reactions i.e. hives and parasitic infections.

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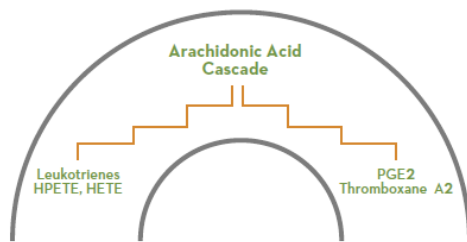
Food Allergies

- ★ 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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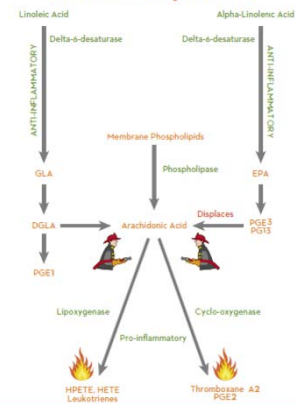
Mast Cell Membrane



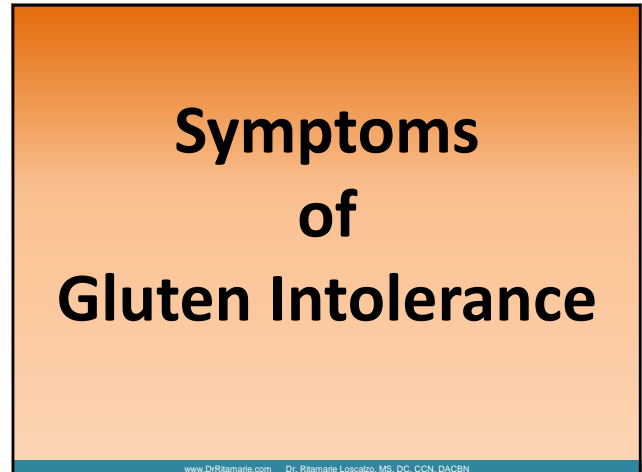
Producing Pro-inflammatory Agents

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Inflammatory Cascade



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Symptoms of Gluten Intolerance #2

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



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

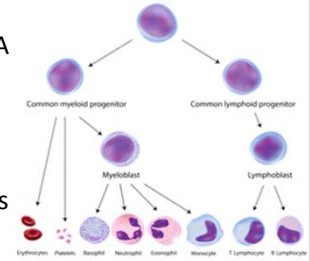
- ★ Eliminate suspects for at least 4 days
 - ✓ Fast
 - ✓ Medical food
 - ✓ Rare foods diet
- ★ Provocation protocol
 - ✓ 1 new food at a time
 - ✓ 3 day rule
 - ✓ Careful monitoring
- ★ FAST – materials provide all the guidelines



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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**

ALCAT

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ENTEROLAB 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	0.2-1.0
Yeast			X	2.33	0.2-1.2
Coffee		X		1.08	0.2-1.2
Sesame			X	1.47	0.1-1.3
Buckwheat	X			<0.4	0.4-1.5
Sorghum	X			0.84	0.3-1.2
Millet	X			0.45	0.3-1.5
Hemp	X			<0.3	0.3-1.5
Amaranth	X			0.44	0.2-1.3
Quinoa	X			0.77	0.5-1.5
Tapioa	X			0.46	0.1-1.1
Teff	X			0.50	0.2-1.1
Soy	X			<0.5	0.5-1.5
Egg	X			0.35	0.2-1.7
Corn	X			0.78	0.3-1.4
Rice	X			0.41	0.4-1.6
Potato	X			<0.6	0.5-1.4

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Treating Gluten Intolerance

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