

# Energy Recharge Coaching: Gluten and Your Health

With  
**Dr. Ritamarie Loscalzo**

LIVING YOUR UNLIMITED POTENTIAL:  
ONE STEP, ONE THOUGHT, ONE BITE AT A TIME

ENERGY RECHARGE COACHING



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**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, [drritamarie.com](http://drritamarie.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**

**So...**

**What Exactly  
is Gluten Anyway?**

# So...What Exactly is Gluten Anyway?

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



# 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

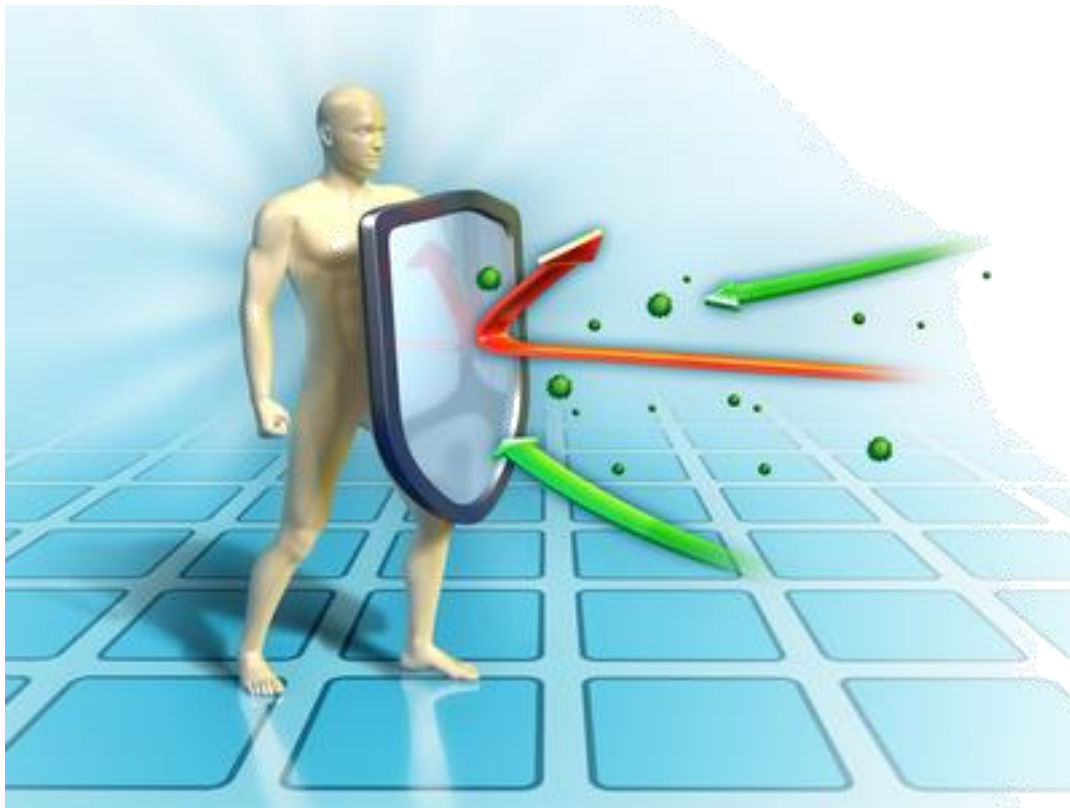
## Spelt, Kamut

- ★ Bread
- ★ Pasta
- ★ Cereals
- ★ Sprouted Raw Breads

# **What Is Gluten Intolerance?**

# 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



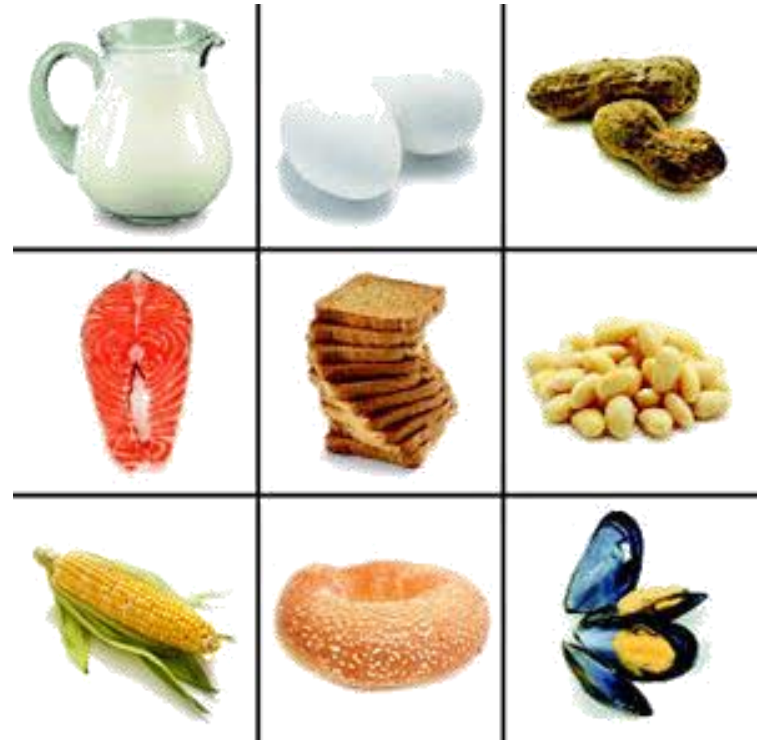
# Antibodies - Immunoglobulins



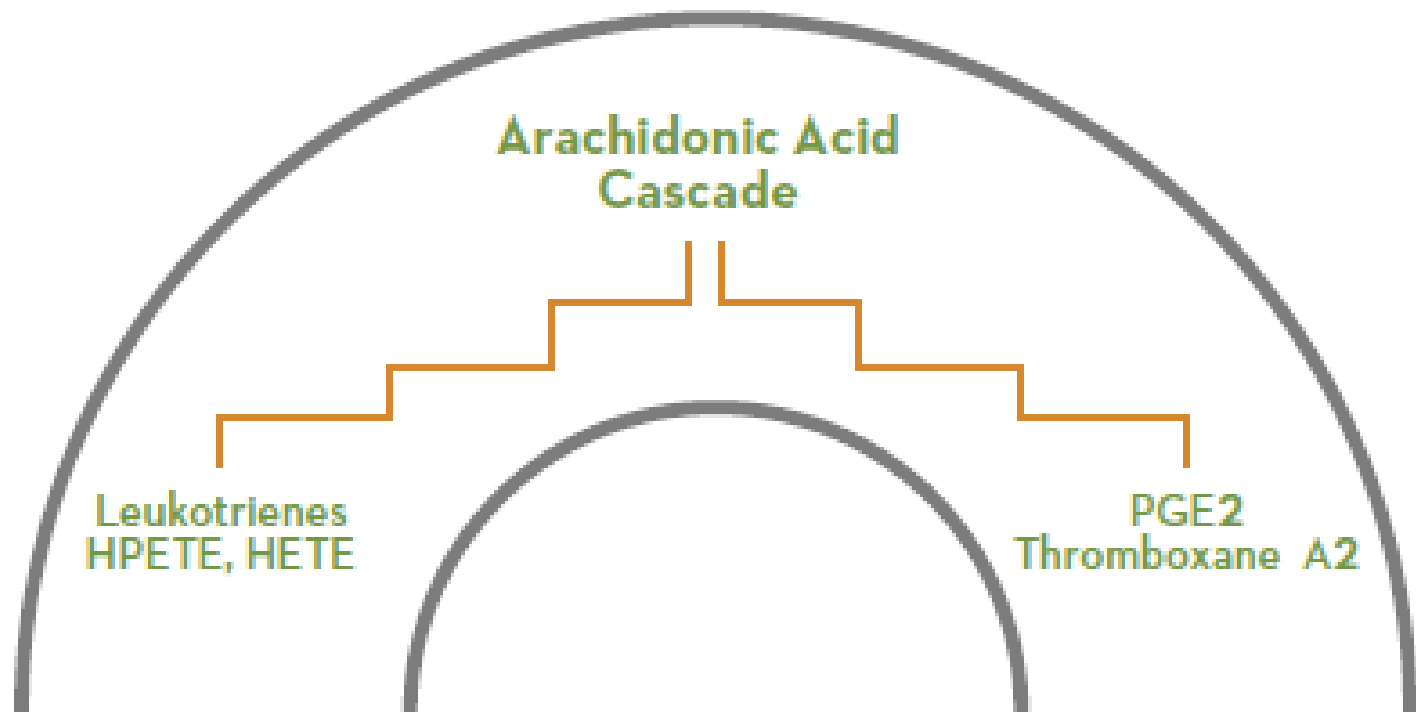
- ★ **IgM and IgD:** First line.
- ★ **IgG:** Most prevalent in blood.
- ★ **IgA:** Mucosal surfaces, in serum, and in secretions. Secretory IgA - GI and respiratory tracts.
- ★ **IgE:** Respiratory and GI mucous secretions – allergic asthma, hay fever, skin reactions i.e. hives and parasitic infections.

# 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

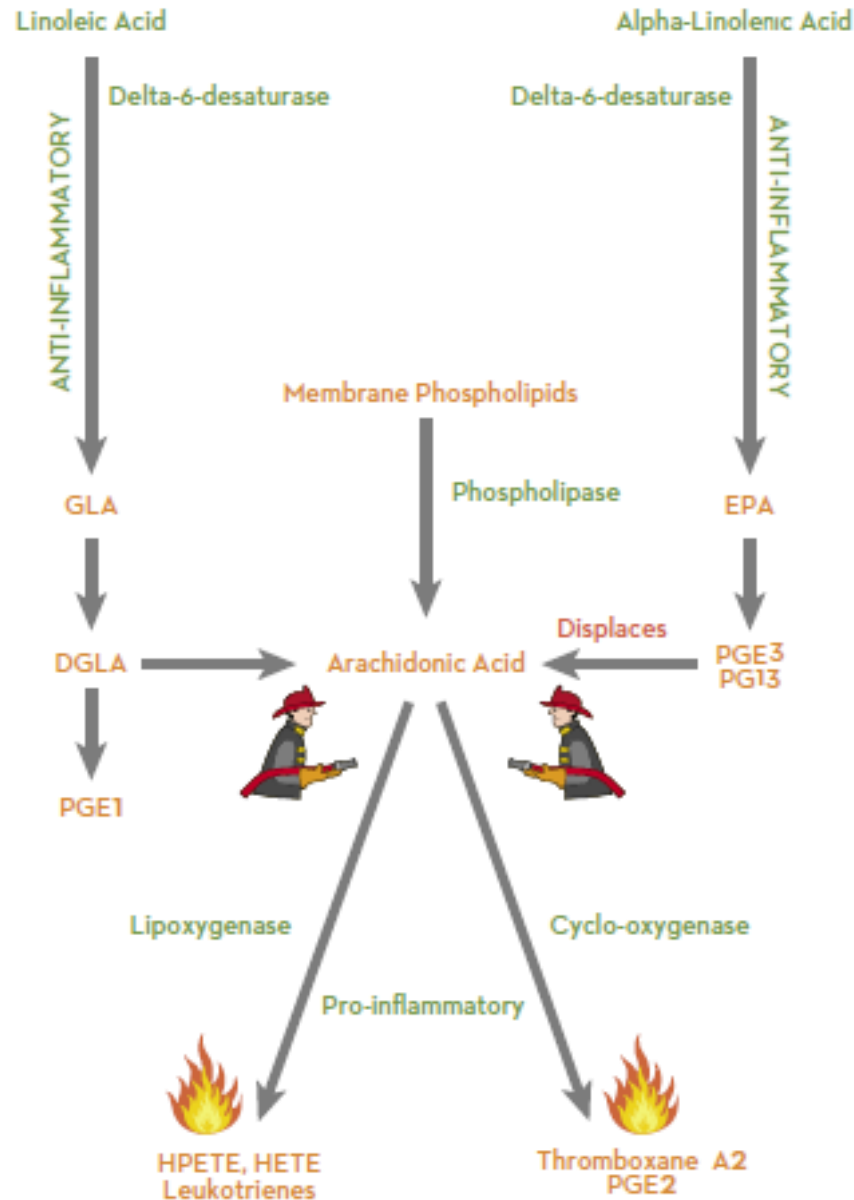


# Mast Cell Membrane

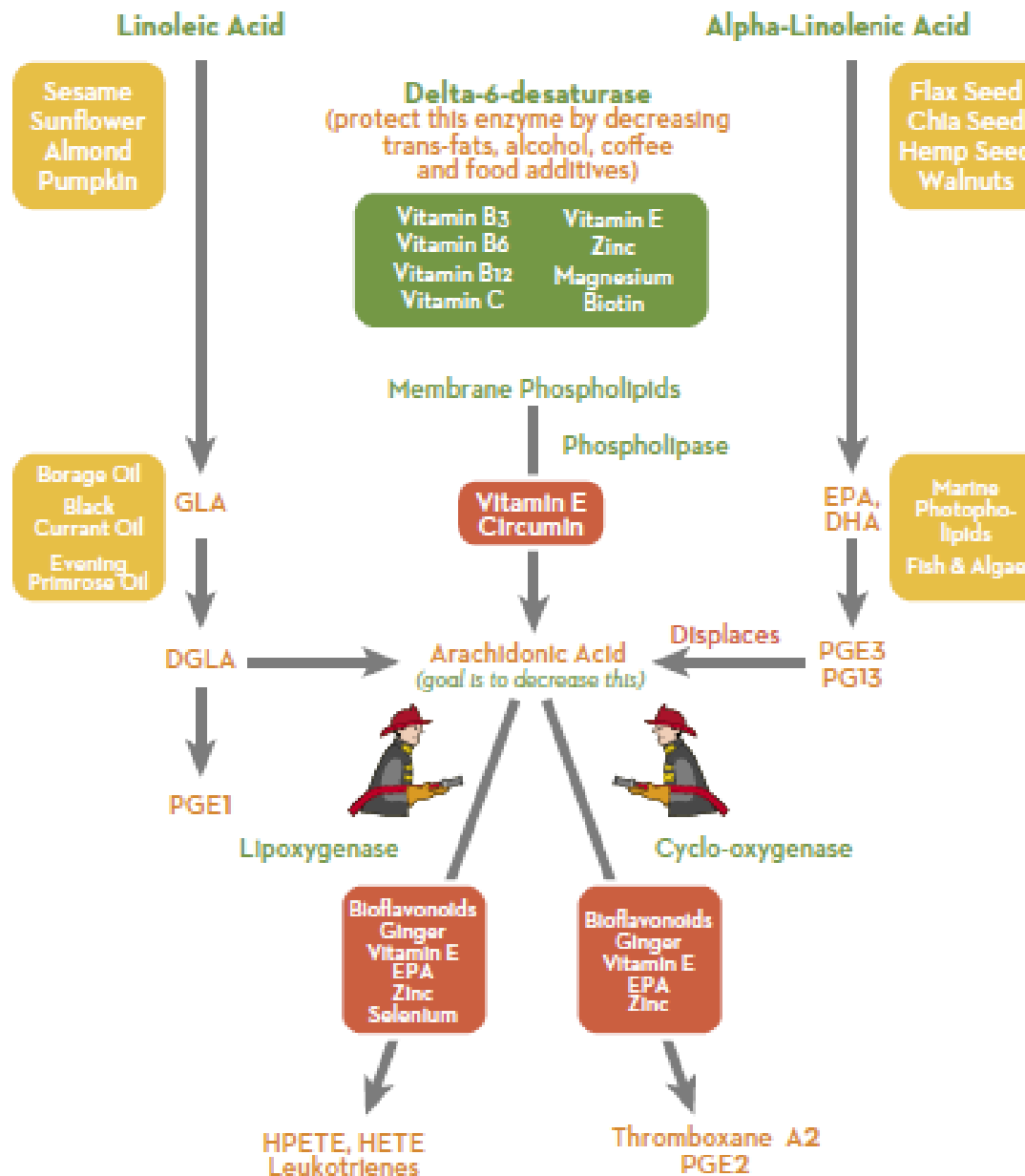


Producing Pro-inflammatory Agents

# Inflammatory Cascade



# Nutritional Modulation



# **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)



# 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



# Symptoms of Gluten Intolerance #4

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



# Symptoms of Gluten Intolerance #5

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



# Testing for Gluten Intolerance

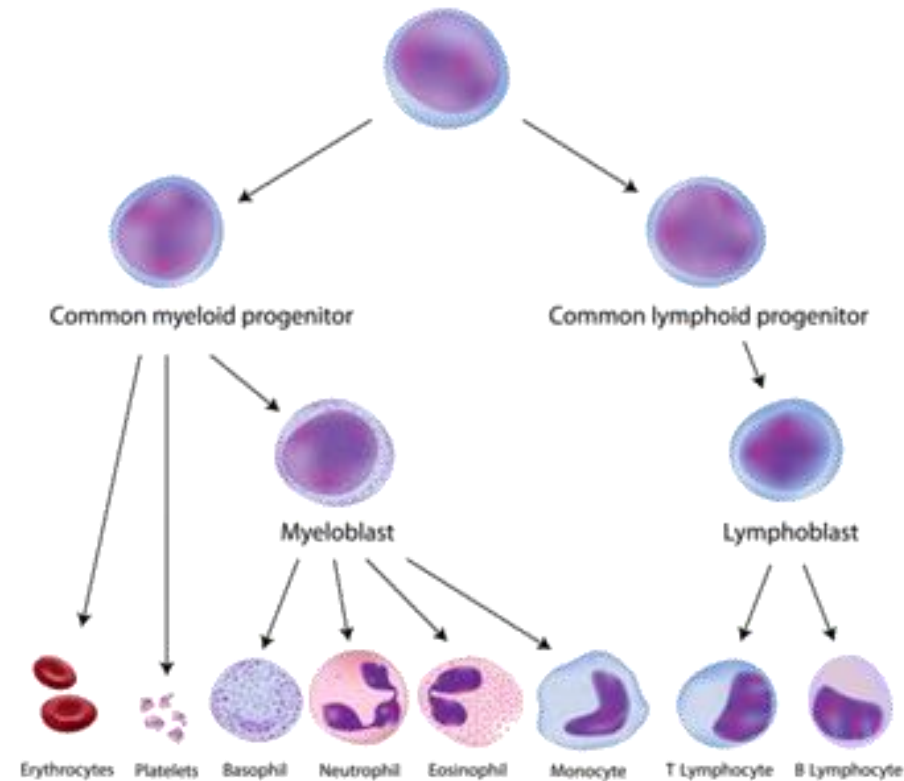
# Elimination Diet

- ★ 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



# 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



# 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**





# Stool Antibody Gluten Tests

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



# Gluten Subfractions Reactivity

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

# 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

# Cyrex Labs Cross Reactivity

ANTIBODY ARRAY 4	Normal	Equivocal*	Out of Range	Numeric Value	REFERENCE (ELISA Index)
<b>Gluten-Associated Sensitivity &amp; Cross-Reactive Foods**</b>					
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
Tapioca	X			0.48	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			<0.5	0.5-1.4

# **Treating Gluten Intolerance**



**ELIMINATE THE GLUTEN &**  
*Accelerate Your Health*

A SPECIAL REPORT BY DR. RITAMARIE LOSCALZO  
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