



Gluten-Free as an Antidote to Low Vitality

Dr. Ritamarie Loscalzo

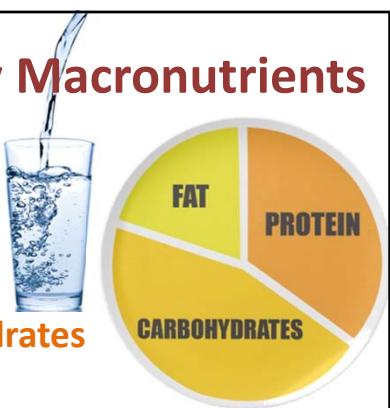
www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN, Institute of Nutritional Endocrinology (INE)

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, 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.

www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN, Institute of Nutritional Endocrinology (INE)

Primary Macronutrients

- ✓ Water
- ✓ Fat
- ✓ Protein
- ✓ Carbohydrates



www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN, Institute of Nutritional Endocrinology (INE)

What You'll Learn:

- ✓ What gluten is and where it's found
- ✓ What gluten intolerance is and how it can silently destroy health
- ✓ The difference between celiac disease and non-celiac gluten intolerance
- ✓ Symptoms of gluten intolerance
- ✓ Testing for gluten intolerance
- ✓ How to manage clients with gluten intolerance



Digitized by srujanika@gmail.com

Volume 28, No. 2, December 2013, 119–130
© 2013 The Authors. Journal of Management Education
Published online in *Journal of Management Education* on 11 November 2013
in Wiley Online Library (wileyonlinelibrary.com) on behalf of
The Association of Management Education

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

Digitized by srujanika@gmail.com

ie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN, Institute of Nutritional Endocrinology (INE)

So...What Exactly is Gluten Anyway?

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



www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN, Institute of Nutritional Endocrinology (INE)

© Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN, Institute of Nutritional Endocrinology (INE)

INE: Gluten-Free as an Antidote to Low Vitality

<h1>Where Are Gluten Grains Found?</h1>		
<u>Wheat</u>	<u>Barley</u>	<u>Rye</u>
✓ Breads & Tortillas	✓ Malt	✓ Rye Bread
✓ Ezekiel Bread	✓ Food Coloring	✓ Pumpernickel Bread
✓ Essene Bread	✓ Soups	✓ Rye Beer
✓ Baked Goods	✓ Malt Vinegar	✓ Cereals
✓ Couscous	✓ Beer	
✓ Soups		
✓ Pasta		
✓ Cereals		
✓ Sauces & Gravies		
✓ Salad Dressings		
	<u>Spelt, Kamut</u>	
	✓ Bread	
	✓ Pasta	
	✓ Cereals	
	✓ Sprouted Raw Breads	

What Is Gluten Intolerance?

The diagram illustrates the immune system's role in protecting the body from invaders. A 3D rendering of a human figure stands on a blue grid floor, holding a large blue shield. Several green arrows point from the shield towards the figure, representing various pathogens or foreign substances that the immune system is designed to defend against. The background is a light blue gradient.

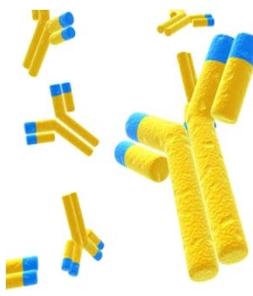
Immune System's Job

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

- Bacteria
- Viruses
- Fungi
- Yeast
- Molds
- Pollen
- Food particles
- Dirt
- Parasites
- Environmental toxins

INE: Gluten-Free as an Antidote to Low Vitality

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.

www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN, Institute of Nutritional Endocrinology (INE)

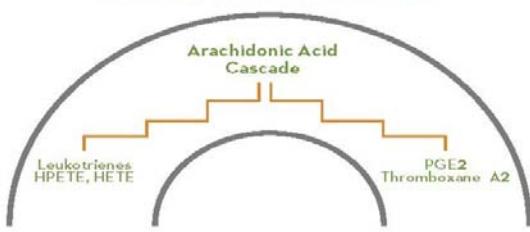
Food Allergies

- ✓ 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



www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN, Institute of Nutritional Endocrinology (INE)

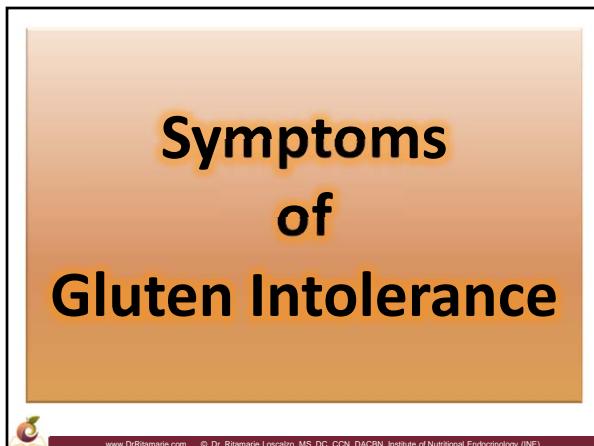
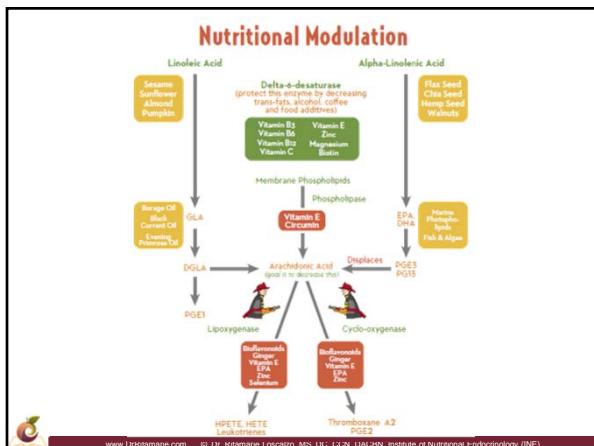
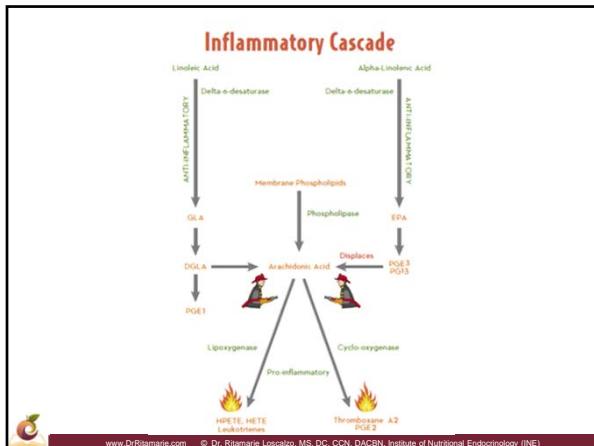
Mast Cell Membrane



Producing Pro-inflammatory Agents

www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN, Institute of Nutritional Endocrinology (INE)

INE: Gluten-Free as an Antidote to Low Vitality



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)



www.DrRitamarie.com © Dr. Ritamarie Leonardi, MS, DC, CCN, DACBN, Institute of Nutritional Endocrinology (INE)

Symptoms of Gluten Intolerance #2

- ✓ Aching joints
- ✓ Depression
- ✓ Eczema or 'chicken skin'
- ✓ Head aches
- ✓ Exhaustion
- ✓ Brain fog



www.DrRamanujam.com © Dr. Ramanujam Laxminarayana, MS, DC, CCN, DACBN, Institute of Nutritional Endocrinology (INE)

Symptoms of Gluten Intolerance #3

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



www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN, Institute of Nutritional Endocrinology (INE)

Symptoms of Gluten Intolerance #4

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



www.DrRitamarie.com © Dr. Ritamarie Leonardi, MS, DC, CCN, DACBN, Institute of Nutritional Endocrinology (INE)

Symptoms of Gluten Intolerance #5

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



卷之三

Testing for Gluten Intolerance

www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CGN, DACBN, Institute of Nutritional Endocrinology (INE)

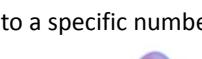
Elimination Diet

- ✓ 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
- ✓ Food Allergy Spy Training (FAST):
materials provide all the guidelines



Blood Antibody Food Tests

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



The diagram illustrates the differentiation of blood cells from a common myeloid progenitor and a common lymphoid progenitor. The common myeloid progenitor differentiates into a myeloblast, which then further differentiates into four types of cells: Erythrocytes, Platelets, Megakaryoid, and Neutrophil. The common lymphoid progenitor differentiates into a lymphoblast, which then further differentiates into four types of cells: T lymphocyte, B lymphocyte, and two other types of cells.

ALCAT Food Intolerance Test

INE: Gluten-Free as an Antidote to Low Vitality

ENTEROLAB

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
- ✓ Array 3 assesses gluten reactivity in 12 different fractions, not just gliadin
- ✓ Highly sensitive

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			0.02	0.0-1.0
Yeast		X		2.39	0.2-1.2
Orchis		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	0.3-1.2
Hemp	X			<0.3	0.3-1.5
Amaranth	X			0.44	0.2-1.3
Quinoa	X			0.77	0.5-1.5
Teff	X			0.48	0.1-1.1
Soy	X			0.50	0.2-1.1
Egg	X			<0.5	0.5-1.5
Corn	X			0.35	0.2-1.7
Rice	X			0.76	0.3-1.4
Potato	X			0.41	0.4-1.6
			<0.6	0.5-1.4	

INE: Gluten-Free as an Antidote to Low Vitality

Why Do a 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
- ✓ Large percentage of people sensitive to gluten are sensitive to casein



www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN, Institute of Nutritional Endocrinology (INE)

Managing Gluten Intolerance



www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN, Institute of Nutritional Endocrinology (INE)



www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN, Institute of Nutritional Endocrinology (INE)