

To Gluten or Not to Gluten?

Through my years of practice, gluten intolerance has become quite a popular health concern. There are those that present with true Celiac Sprue and then there are other types of gluten intolerances/enteropathies that seem to manifest.

What is gluten? Gluten is a protein that is found in many grains.... From most to least, it is found in the following grains:

Wheat, Kamut, Spelt, Rye, Barley and sometimes Oats..... For a more complete list of gluten containing foods [click here](#).

If there are inflammatory processes going on and/or any type of auto-immune disorders, my general recommendation is to omit gluten products for a minimum of 6 months. This can be life changing in many patients as gluten can be pro-inflammatory in the body. There is a strong link between auto-immune disease and other chronic health disorders and the issue of gluten intolerance.

Listed Below are some health concerns that can be a direct result of gluten intolerance or exacerbated by gluten intolerance...also... (just because your particular health disorder is not listed below...does not mean you will not get some relief from omitting gluten out of your diet) Many times gluten intolerance is not detected due to it being a mild case or possibly the symptoms are blamed on other issues.

Health Concerns:

Asthma
Celiac Disease
Chronic Fatigue
Chronic Diarrhea
Crohn's Disease
Canker Sores
Cystic Fibrosis
Depression
Eczema
Epilepsy
Gastroenteritis (acute)
Hashimotos/Thyroid Disease
Headaches
IBS and Inflammatory Bowel Disease
Insomnia & Anxiety
Malaise
Menopause Symptoms
Multiple Sclerosis
Muscle aches and pains
Pancreatic Dysfunction
PMS & Irritability
Rheumatoid Arthritis
Schizophrenia
Skin Issues
Stomach/Digestive Issues
Ulcerative Colitis

How does gluten cause problems? An immune reaction causes inflammation of the small intestine, where damage occurs to the villi and microvillus. When they are damaged it makes it difficult for the body to break down and digest foods properly. Hence, the patient will now have absorption issues and several other potential problems.

Some symptoms of gluten intolerance are: fatigue, flatulence, nausea, stomach pain and/or cramps, bloating, vomiting, heartburn, diarrhea, skin manifestations, muscle and joint pain, headaches and irritability or nervousness.

Solutions:

Sometimes I do recommend food allergy testing but I find the true test is by the patient eliminating the substance completely from the diet for a period of time. I find this to be the best test.

Keep a food diary of all the foods that you eat and how you feel after eating them. This will help you to pinpoint certain food intolerances. Eliminate your suspecting foods for a period of time and then reintroduce one at a time to see if there is any reaction. If there is a reaction upon reintroducing, perhaps these foods should be eliminated permanently.

[To download a food diary log-in chart click here.](#)

For further info on Gluten-Free Foods:

www.MissRoben.com

www.KinniKinnick.com

www.Celiac.com

www.food-for-life.com :gluten free wraps

www.glutenfreeliving.com

www.samisbakery.com

www.marysgonecrackers.com

www.smarttreat.com

www.pamelasproducts.com

Note: although the above sites contain gluten free products etc. Please remember, the closer we eat to nature and the less we eat out of a box and the less refined foods we eat the healthier we will be and the less intolerant we will be. My only concern is that we sometimes substitute one habit for another when it is our choice and eating habits that must change to bring us to the road of optimal well being. In other words, more greens, fresh fruits, healthy fats, and lean proteins rather than all of the refined carbohydrates out of a box.

For further info or nutritional coaching on this health concern contact us at 570-421-0665