



# Wellness Minute

Health Information You Can Use On Your Path To Wellness

## Why Gluten-Free?



The Problem With Today's  
Gluten & Why You Should  
Consider Going Gluten-Free.

Everybody's talking about gluten, and you may be wondering why. In recent years, we have learned that gluten can be the cause for inflammation. Today's gluten inhibits certain proteases. Proteases are needed to digest protein. Currently, due to genetic modifications in wheat, over 300 different proteins are found in wheat that was not present for centuries. It's not the same food our ancestors ate. So, we are consuming new proteins that we can't digest.

What happens to foreign, sticky proteins in the gut? You may not be aware of it, but when you eat today's wheat, your immune system becomes activated to combat what it identifies as an invader. An

over-active immune system always equals inflammation.

Consider the flu. As your immune system fights the virus, your joints hurt, your head is foggy, you feel blah because of the inflammatory cytokines the immune system uses to fight the infections. Dr. David Perlmutter, a neurologist and author of the Grain Brain, says when he sees people devour gluten-laden carbohydrates, it's like watching them pour themselves a cocktail of gasoline. Just as gasoline intensifies an existing fire, gluten intensifies whatever inflammatory fire is occurring.

Dr. Fasano, a GI specialist and one of the world leading researchers in gluten/ceciac

## Why Gluten May Be Bad For You

**“When you eat today’s wheat, your immune system becomes activated to combat what it identifies as an invader.”**

disease, says, "Every time you eat wheat, you get a leaky gut." Every time! Yes, the gut heals quickly, cells are replaced every 3-7 days, but you get leaky for a while.

Dr. Tom O'Brien gave an interesting analogy when he compared the fingerlike microvilli in the small intestine to shag carpeting. The shags are where nutrients are absorbed. Picture that the shag are lined with cheesecloth. Just as we use cheesecloth to filter out solids and larger food particles when cooking, our microvilli cheesecloth should only allow select materials into the bloodstream. What everyone calls leaky gut are tears in the cheese cloth that are happening faster than they can be repaired.

Many experts have called "the gut" the second brain. Dr. David Perlmutter says if his patients have "brain problems," he always looks to the gut first. He believes no organ is more susceptible to the deleterious effects of inflammation than the brain. Yes, the blood brain barrier protects it to a degree, but if someone has a leaky gut, they probably have a leaky blood brain barrier, which increases oxidation as well as immune over-activation.

Perfusion is a process where blood is sprayed into the brain much like a garden hose spray. Due to inflammation and agglutination, the gluten sensitive individual has a limited blood spray; less blood and therefore less oxygen to the brain. One study showed that plaquing in the brain as documented by MRI was reversed in several individuals with wheat allergies, when they got off wheat for one year. Let me repeat that, because it has such profound implications. For wheat sensitive patients with documented plaque in their brains, when they got off gluten the plaquing reversed and disappeared. This is the type of plaquing that is found in Alzheimer's and multiple sclerosis, as well as other advanced neurological conditions.

How many people have reduced mental capacity because they have gluten/gliadin sensitivities? How many children or adults have ADD or ADHD? How many people with anxiety or depression are suffering because they don't have enough blood to their brain and get confused by the complexities of life?

And right behind gluten is dairy. 50% of celiac patients have accompanying dairy allergies.

And even when they have removed gluten from their diet, still make gluten antibodies.

Studies show there are 6-20 times more people with gluten intolerance who do not have celiac. However, people with gluten intolerance are often sensitive to dairy as well. So, until you know you are not sensitive to both gluten and dairy, it is wise to be off both until you know for sure.

The main point here is stop pouring gasoline on the fire by eliminating gluten and dairy, and put out the fire by healing the gut (mending the cheesecloth). There are many approaches to heal the gut, but your Wellness clinician can make recommendations that are best for you.

Remember, a leaky gut causes immune over-activation. The immune system makes antibodies, and then the antibodies look for things to attack. If the resulting antibodies are attracted to thyroid tissue, we call it Hashimoto's Thyroiditis. If antibodies are attracted to connective tissue, we call it Lupus; to skin tissue, psoriasis; nerve tissue, MS. Can you see why the prevalence of autoimmune diseases are growing and have become the number 3 class of disease?

Gluten may or may not be a direct poison to every person, but the research is pretty clear. It increases inflammation. So, the sicker you are, the more valuable it is to evaluate your sensitivity to gluten. Going gluten and dairy free may be an inconvenience, but it has given many people their life back. I know, I've seen it time after time.