



# Wellness Minute

Health Information You Can Use On Your Path To Wellness

## Here's Why Gluten Sensitivity Can Play A Major Role In Your Chronic Health Condition



You're seeing more and more wheat-free and gluten-free alternatives in the marketplace, but it's just the beginning. In the coming years, you will see an avalanche of gluten sensitive patients, now that testing is more convenient. What was once thought to be limited to GI disturbances, gluten sensitivity has now been shown to cause multiple problems, and in fact, it can have major effects on brain function, longevity, and autoimmunity.

Some of the conditions associated with gluten sensitivities are: migraine headaches, autoimmune diseases of all kinds, dermatitis, neuropathy, gait and limb ataxia, iron deficiency, osteoporosis, GERD, seizures, ADD, and ADHD. Other studies

have shown atrophy of the brain, severe malabsorption, unexplained neurological changes, even the occurrence of schizophrenia is higher with gluten intolerant individuals.

So, why all of sudden is gluten a big deal. I mean isn't bread "the staff of life?" Gluten is the major protein fraction of wheat and contains two other fractions, gliadin and glutenin. But our wheat has changed over years. It's not the same. For example, through modification, our wheat now has 40% more gluten than it did 40 years ago. And for years, farmers have sprayed and continue to spray glyphosate, the chemical name for Round-Up on the wheat as a drying agent right before harvest. Glyphosate is in our food. It's in our children's

## Gluten Sensitivities

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breakfast cereal. It's in wine, beer. It's in our urine. It is so prevalent, studies have shown it's in the rain in some areas.

You can look up Stephanie Seneff and colleagues for more detailed information on how this chemical poison is affecting so many conditions, from kidney disease to reduced sperm count. In fact, there are multiple law-suits against the chemical giants that make it, but let's take a quick look at how glyphosate affects digestion.

Glyphosate has been found as a contaminant in the digestive enzymes trypsin, pepsin, and lipase. Trypsin impairment prevents proteins like gluten in wheat from being digested. Undigested proteins induce the release of zonulin, which opens

up the gut barrier. Most people don't realize the gut barrier is only one cell layer deep. Once the gut barrier is compromised, undigested proteins, which the body identifies as foreign, are attacked by our body's immune system. So, whether it's from the glyphosate or the modifications in wheat, consumption of gluten causes intestinal barrier permeability or what we have called "leaky gut." When the gut barrier is compromised, the anti-bodies your body makes to protect you from bacteria, viruses, yeast, or amoeba can be absorbed into the blood. Once those antibodies are active, they begin to look for tissue that is similar to what they were created to destroy. Sometimes those antibodies attack healthy tissue.

In one study, 25% of the patients tested showed a reaction with cerebellar tissue or brain tissue. Antibodies attacking cerebellar tissue cause atrophy in the brain because the body is attacking itself. Normally, the intact gut provides a very effective barrier against the penetration of antibodies or macromolecules. A damaged gut, however, becomes "leaky" and allows the passage of larger molecules. As gluten ingestion continues, the autoimmune reaction is further exacerbated. This creates a self-perpetuated state of bowel inflammation that can only be broken by removing the offending peptide, gluten. I mentioned the antibodies attack healthy tissue. It may be in your gut or other areas like brain, thyroid, kidneys, or pancreas.

Let's look at a similar issue that occurs with prolonged exposure to gluten for sensitive individuals. Perfusion is a process where blood is sprayed into the brain much like a garden hose spray. With the wheat sensitive individual, the spray is limited, causing less blood and therefore less oxygen to the brain.

One study showed that plaquing in the brain as documented by using MRIs was reversed in several individuals with wheat allergies when they eliminated 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 a host of other advanced neurological conditions. How many people have reduced mental capacity because they have gluten 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 getting into their brain and get confused by the complexities of life?

A lot of people. I'm one of those people, and that's why I avoid gluten. The list of conditions related to gluten sensitivity is extensive. Please... talk to your clinician about testing and enzymes to digest gluten. It could be life changing.