

THE GLUTEN-FREE CONSPIRACY

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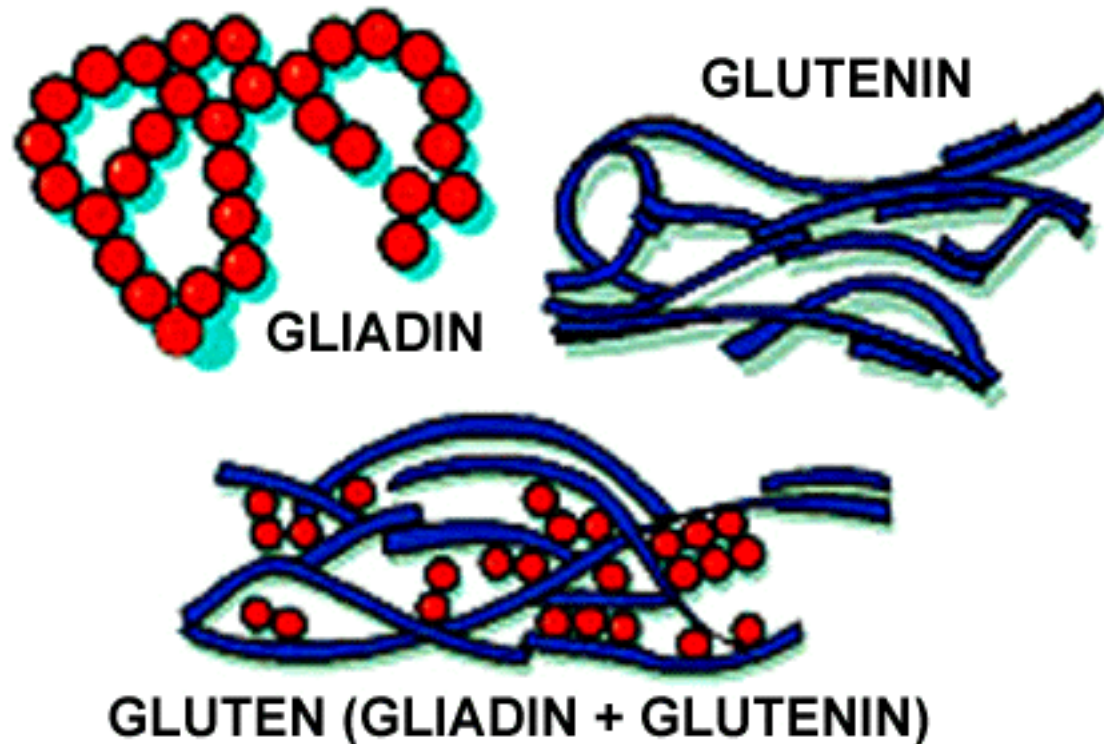
OVERVIEW

- Section 1: What is gluten?
 - Foods containing gluten
- Section 2: What is gluten intolerance?
- Section 3: Testing for gluten intolerance
- Section 4: Aspects of eating gluten-free that promote health...and aspects that undermine good health!
- Section 5: Healing the body from gluten damage

SECTION 1: WHAT IS GLUTEN?

- Gluten is a protein present in all grains
 - There is a family of toxic glutes in wheat, rye and barley that triggers the immune system in some people.

- Gluten has many peptides (small, short proteins).



SECTION 2: FOODS CONTAINING GLUTEN

○ Wheat, Rye, Barley & Triticale

■ Types of wheat include:

- Bulgur
- Spelt
- Kamut
- Durum flour
- Semolina
- Farina
- Graham flour



- Oats don't naturally have toxic gluten proteins, but are commonly contaminated due to processing

FOODS CONTAINING GLUTEN

- ◎ **MANY processed foods**

- Soy sauce, teriyaki, sauce, gravies, salad dressings, processed lunch meats, imitation meat or seafood, flavorings, beer, malt or malt flavorings, hydrolyzed plant/vegetable protein, dry roasted nuts, food coloring, emulsifiers, food starch, modified food starch, glucose syrup, dextrin, dextrimaltose, maltose, mixed tocopherols, miso, natural juices, non-dairy creamer, wheat germ, wheat germ oil, smoke flavoring, seasonings, ground spices...the list goes ON AND ON
- Some of these items are available gluten-free, such as soy sauce and beer

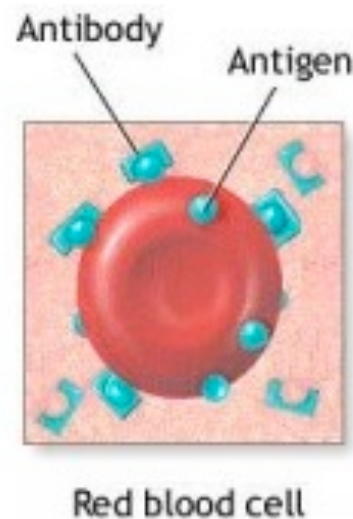
GLUTEN-FREE GRAINS & STARCHES

- ◉ ALWAYS make sure the label says gluten-free!
- ◉ Amaranth
- ◉ Arrowroot
- ◉ Buckwheat
- ◉ Corn & cornmeal
- ◉ Flax
- ◉ Gluten-free flours (coconut, hazelnut, almond, rice, corn, soy, potato, bean)
- ◉ Hominy (corn)
- ◉ Millet
- ◉ Quinoa
- ◉ Rice
- ◉ Sorghum
- ◉ Soy
- ◉ Tapioca
- ◉ Teff

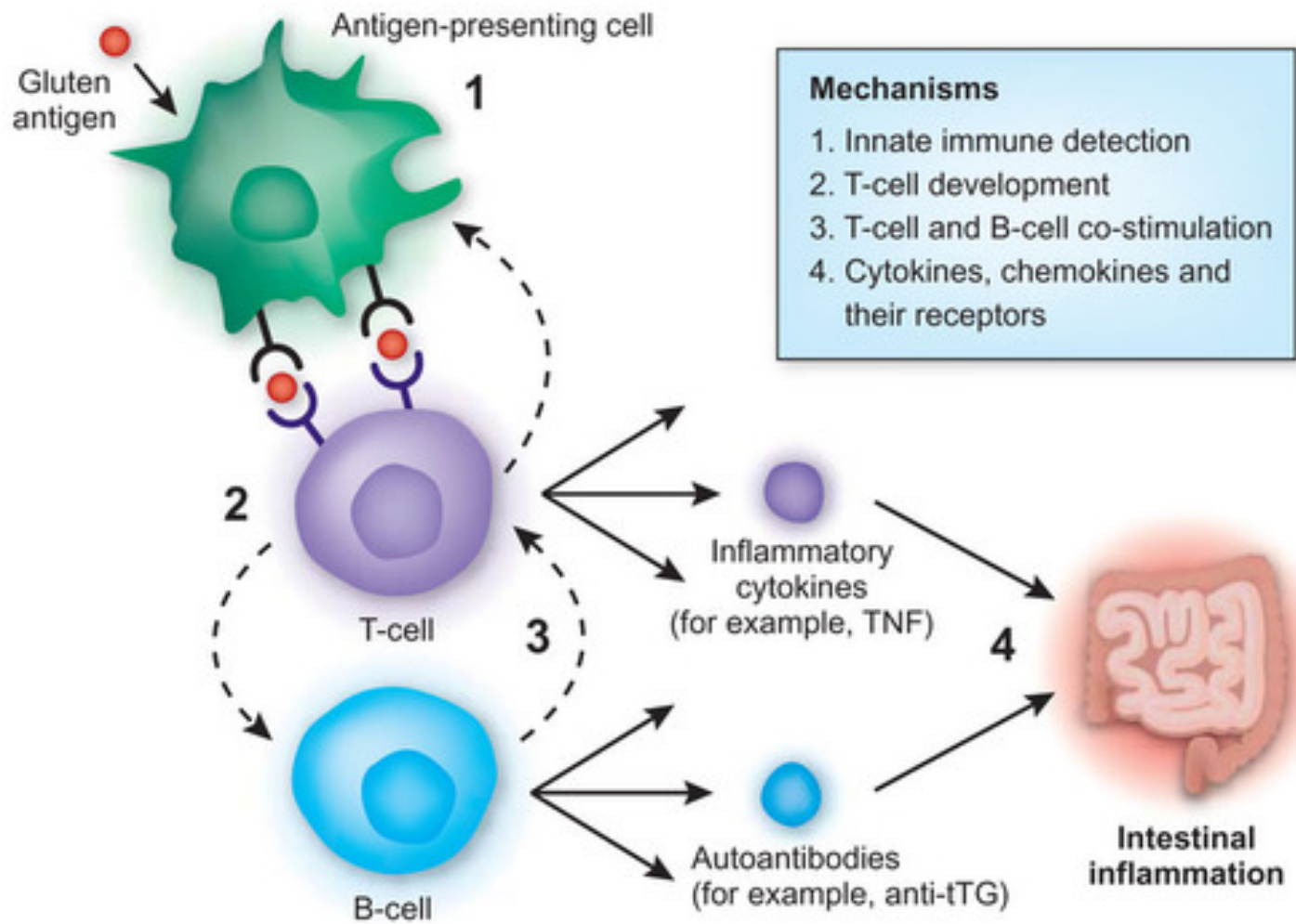


SECTION 2: WHAT IS GLUTEN INTOLERANCE?

- When any part of the immune system reacts to gluten
 - Makes Memory B-cells
 - The next time gluten is eaten, the immune system attacks
 - If eaten regularly, the body stays in a state of inflammation



An antibody is a protein produced by the immune system in response to the presence of an antigen



Mechanisms

1. Innate immune detection
2. T-cell development
3. T-cell and B-cell co-stimulation
4. Cytokines, chemokines and their receptors

SECTION 3: HOW DO YOU KNOW IF YOU ARE GLUTEN INTOLERANT?

- Most tests aren't as accurate or thorough as we thought.
 - Tissue transglutaminase & endomysial antibodies blood test
 - 97% accurate IF total villous atrophy exists! Drops to 32% if only partly worn down. Not predictive and wrong 7 out of 10 times!
 - Small intestine biopsy
 - Uncomfortable and also not very accurate (biopsied section may be normal even if highly intolerant or Celiac, high tissue turnover).

TRADITIONAL TESTING CONT.

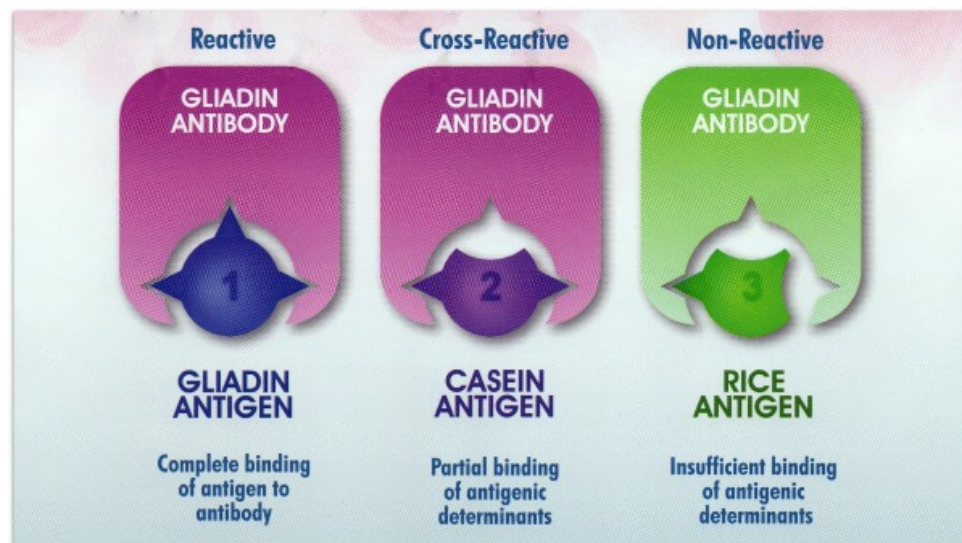
- ◉ Gliadin antibody test
 - ◉ Only tests alpha gliadin not the other three components: beta, omega and gamma
 - ◉ ...And only 50% of Celiac's test positive for alpha gliadin antibodies! The other 50% have antibodies to *other* peptides.
- ◉ Deamidated gliadin
 - ◉ Deamidation is a type of processing of grains where gliadin protein is made more water soluble & easier to mix with other foods. Some people don't react to gliadin under normal circumstances but their immune T-cells DO react to deamidated gliadin.
 - ◉ Traditional tests don't test for deamidated gliadin.

GLUTENIN: THE OTHER GLUTEN PROTEIN

- ◉ Previously only thought that the gliadin part of gluten was toxic, but research published in 2006 in *European Journal of Gastroenterology and Hepatology* says that it is highly probable that glutenin, the other protein in gluten, is also toxic.
And we weren't testing for it.

BETTER TESTING

- Cyrexlabs.com offers the new gold standard
 - Assay 3 tests for the top 10 of 60 known toxic peptides, transglutaminase, and antibodies.
 - If test comes back positive, should also run Assay 4, gluten-associated sensitivity and cross-reactive foods.
 - Some people on a gluten-free diet will still have symptoms until they remove these cross reactive foods!



SECTION 4: GLUTEN-FREE DIET

- ◉ Eating a gluten-free diet if you don't have gluten intolerance or Celiac's isn't going to improve your health
 - Eating a diet lower in starches, processed foods and grains probably will
 - ◉ Some people eat MORE processed foods when they go gluten-free simply because it's "gluten-free"!
- ◉ Gluten-free flours are usually higher in carbs than their wheat counterparts
 - Tapioca starch, potato starch, rice starch



GOING GLUTEN-FREE

- ◉ If you are either a Celiac OR gluten sensitive, you must completely avoid gluten.
 - “The first step is to stop throwing gasoline on the fire. You have to stop eating gluten. You can’t be a little pregnant. You can’t have a little gluten.”
Dr. Thomas O’Bryan



A HEALTHY GLUTEN-FREE DIET

- ◉ Many fresh foods are naturally gluten-free!
 - Veggies, leafy greens, moderate amounts of fruit
 - Fresh meats & poultry, eggs, fermented soy
 - Quality fats (butter, ghee, coconut oil, lard, palm oil, olive oil, macadamia nuts, almonds, pumpkin seeds, sunflower seeds)
 - Homemade bone broth and soups
 - Lower glycemic flours
 - Coconut flour
 - Nut flours (almond, hazelnut)



EXAMPLES OF GLUTEN-FREE MEALS

⦿ Breakfast

- Egg scramble
- Gluten-free oatmeal (Bob's Red Mill)
- Salmon avocado seaweed wrap

⦿ Lunch & Dinner

- Salad with meat or tempeh, olive oil & vinegar dressing
- Homemade soup
- Grain-less lasagna
- Steak & spinach
- Chicken & veggie stir fry with wheat-free soy sauce
- Lettuce wrapped burger & roasted parsnips
- Roasted veggies over portabella
 - NutritiousDelicious1 has lots of gluten-free cooking videos!



ATTITUDE IS EVERYTHING

- ◉ Living by any set of standards is a mindset & your likelihood of success depends on your attitude towards it.
Be the little engine that could!
 - Accept your ideal diet & know it is improving your quality of life
 - Increased longevity, improved energy
- ◉ Don't RSVP to the pity party
 - Embrace the benefits of your lifestyle choice, don't dwell on what you "can't" have
- ◉ Find ways to make your food choices enjoyable
 - Come up with totally new recipes
 - Change your favorite recipes to accommodate gluten-free



SECTION 5: HEALING THE BODY FROM GLUTEN DAMAGE

- According to Dr. Thomas O'Bryan, there are 2 steps.
 - Step 1: Stop Eating Gluten
 - Step 2: Heal the Damage
 - Give extra nutrition to rebuild damaged tissue
 - GS packs (gluten sensitivity support packs)
 - thedr.com
 - L-Glutamine
 - EPA/DHA long chain omega-3's
 - Curcumin, Quercitin, Rutin
 - Bromelain, Bilberry
 - Ashwagandha
 - Rosemary Leaf, Ginger extract



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