

Debunking myths about celiac disease and gluten

Kerry Reed, RN, MS, CPNP
Dr. Edwin Liu, MD

Colorado Center for Celiac Disease
Children's Hospital Colorado



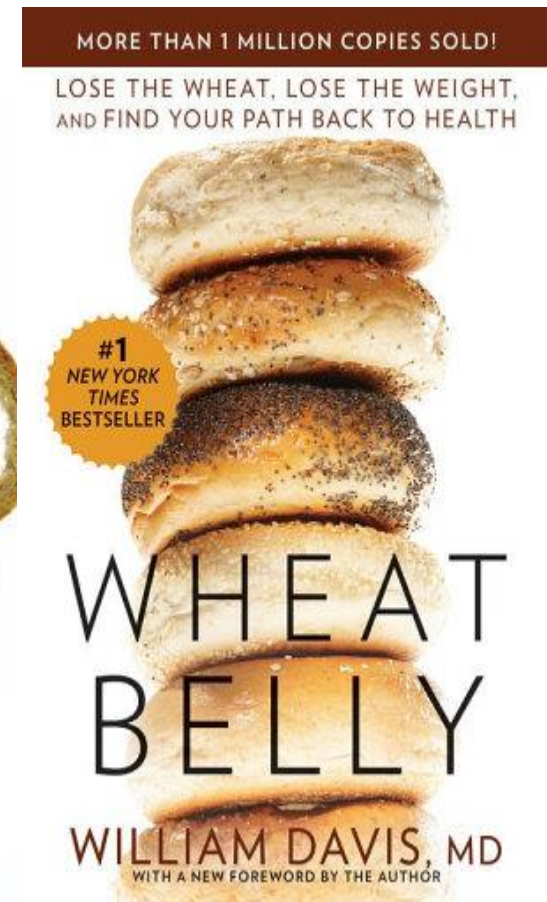
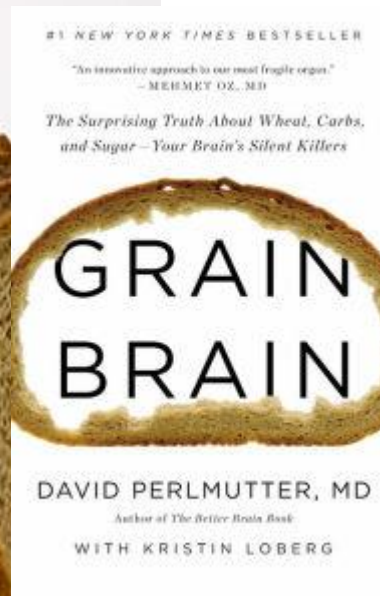


What is gluten?

- The storage protein found in wheat, barley, and rye
- Keeps foods “sticky” and pliable
- Ubiquitous in our foods:
 - Pasta
 - Bread
 - Flour tortillas
 - Pizza
 - Cookies
 - Cakes
 - Pastries
 - Cereal
 - Crackers
 - Beer
 - Fried Foods
 - Some lunch meats and hot dogs
 - Broth in soups and bouillon cubes
 - Breadcrumbs and croutons
 - Some candies
 - Malt
 - Matzo
 - Seasonings
 - Salad Dressings
 - Soy Sauce
 - Gravy
 - Dressings
 - Sauces
 - Malt Vinegar



How true are all the things we hear about gluten, celiac disease, and NCGS???



Is gluten bad for everyone?

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Why Gluten Is Bad For Everyone

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Posted on: Sunday, January 22nd 2012 at 11:00 am
Written By: Dr. Rodney Ford
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Here we present you with the evidence of the universal harm of gluten.
"All truth passes through three stages. First, it is ridiculed. Second, it is violently opposed. Third, it is accepted as being self-evident." ~ Arthur Schopenhauer, German philosopher (1788 - 1854)


Gluten: ZERO global

By this I mean a worldwide change to a gluten-free diet.

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11 WAYS GLUTEN AND WHEAT CAN DAMAGE YOUR HEALTH

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by Rodney Ford (Author)
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We are all at risk from eating gluten: any person, any symptom, any time! Symptoms can slowly sneak up on you. You may be unaware of your slowly deteriorating health. Children feel sick, tired and grumpy; they are often labelled naughty, or having behavior or learning problems. Dr Ford presents stories of 50 families severely affected by gluten. He asks: "Is eating gluten really worth the risk?"

Length: 198 pages Word Wise: Enabled

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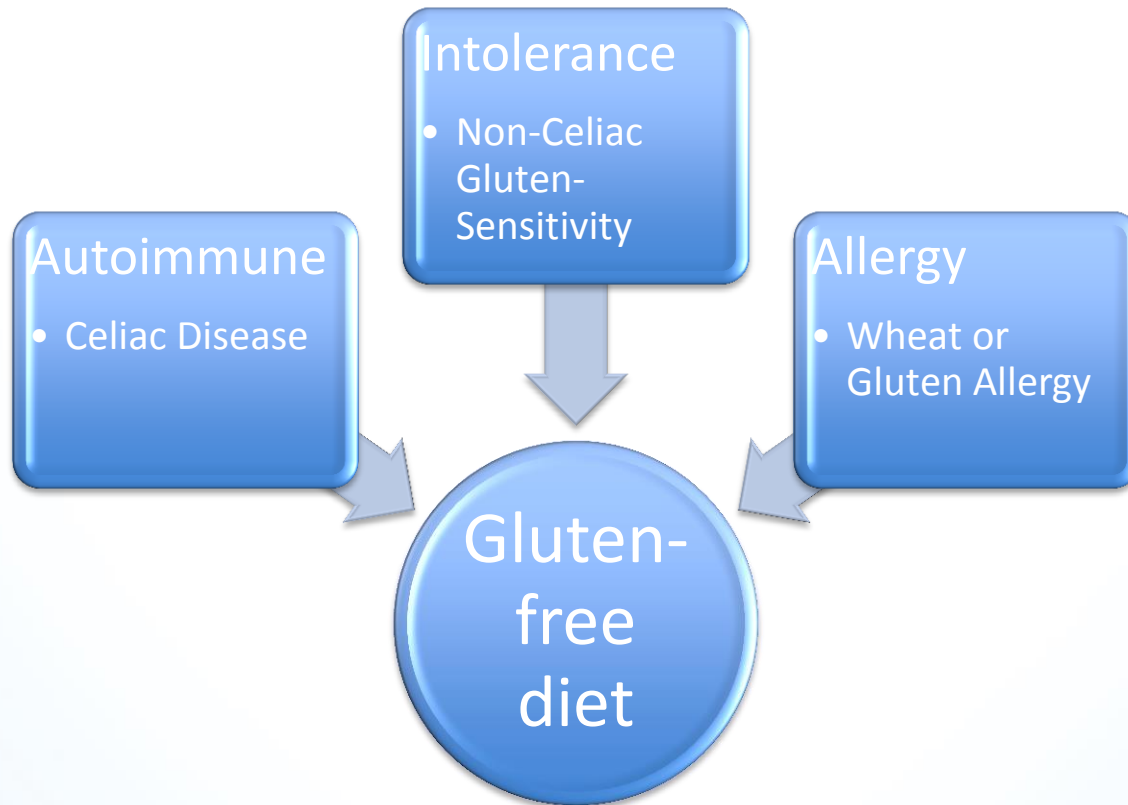
Is gluten bad for everyone? 

NO

While humans do not have the enzymes to completely break down gluten, it does not cause any medical problems in most people.

BUSTED

Types of gluten sensitivity



Is the gluten-free diet healthier for everyone?

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DIET & NUTRITION


Is Ordering Gluten-Free the Healthier Option?

By Madeline R. Vann, MPH


Pizza Hut has jumped on the gluten-free bandwagon. Should you change your order, even if you aren't gluten intolerant?



Don't Miss This



Stock Your Kitchen for Weight Loss



'Healthy' Foods to Avoid

One Question

IT TAKES ONLY

How likely are you to get the flu next year?

SPIN FACT: ONLY ANSWER

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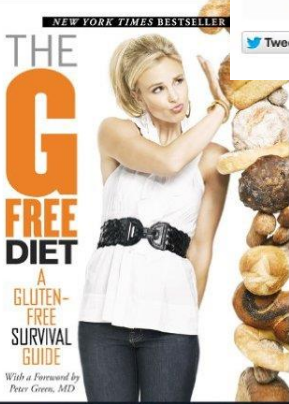
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THE GLUTEN-FREE DIET

A GLUTEN-FREE SURVIVAL GUIDE

With a Foreword by Peter Green, MD



ELISABETH HASSELBECK

Cohost, The View

Is the gluten-free diet healthier for everyone?



NO

Not necessarily.

- The gluten-free diet can lack vitamins and minerals such as B vitamins, iron, calcium, zinc, and magnesium
- The gluten-free diet is low in fiber, high in sugar, high in sodium, and can be high in calories with very little nutritional benefit

Is there arsenic in rice? Should I stop eating it?

8+1 3 281 24 2

High Levels of Arsenic Found in Rice Threatens Those Following a Traditional Gluten Free Diet

Arsenic exposure and subsequent toxicity is a health problem affecting millions of people worldwide. Exposure to arsenic comes from several sources to include - well water (arsenic occurs naturally in some geological formations), contamination from mining and ore smelting, and from seafood (less toxic organic form of arsenic). Arsenic can also be found in the following: grains (and grain based products), bottled water, coffee, processed juice, and beer. According to an investigation from [Consumer Health Reports](#), the highest levels of this toxic metal are found in rice (especially brown rice).

Gluten Free Rice Products = More Arsenic Exposure = More Disease Risk

Those going gluten free initially tend to gravitate toward high levels of rice based substitute breads, pastas, cereals, etc. If you aren't up to speed on rice gluten and the potential danger it poses to those with gluten sensitivity, I highly encourage you to watch [this video](#).

Beyond the problem rice gluten may pose, this new research shows that rice based foods contain levels of arsenic that can create a significant risk to your health.

Who is at greatest risk?

Is Rice a Safe Gluten Free Alternative?

Gluten Free SOCIETY

Rice contains high levels of ARSENIC...

This toxic heavy metal is linked to systemic inflammation and cancer.

Rice's popularity as both an infant cereal and a gluten free substitute can contribute to nerve pain and muscle weakness.

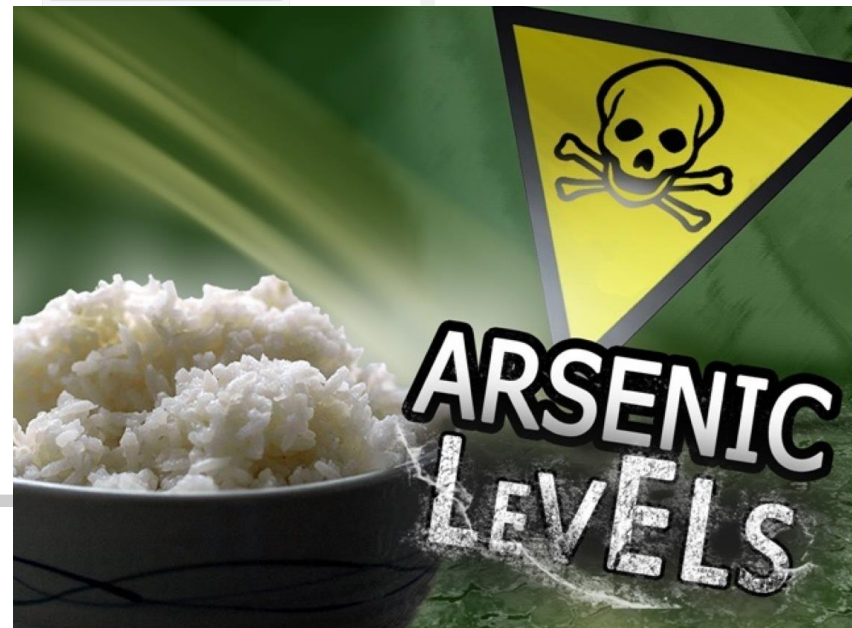
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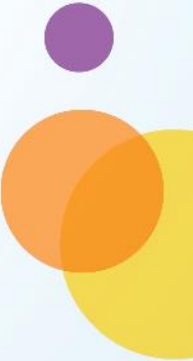
Is there arsenic in rice?



YES

Arsenic is naturally-occurring in water, air, and soil

Arsenic cannot be completely eliminated from foods, and the rice plant tends to absorb it better than other food crops.





Should I stop eating rice because it has arsenic?

The gluten free diet is highly dependent upon rice products...



- The FDA still recommends a well-balanced diet, without eating an excess of any one food.
 - Translation: the amount of rice one eats on the gluten-free diet is not enough to cause problems.
- The FDA notes that if there are concerns about arsenic levels in rice, cooking the rice in excess water (from 6-10 parts water to 1 part rice) can reduce 40-60% of the inorganic arsenic content.
- Visit the FDA's web page re: arsenic in rice by [clicking here.](#)



Do wheat and gluten make you fat?



POP QUIZ

- A. Genetic engineering of modern wheat has created an unnatural protein called “gliadin”
- B. Gliadin binds to receptors in the brain that increase appetite
- C. The proliferation of wheat products has paralleled an increase in our waist size
- D. All of the above
- E. None of the above



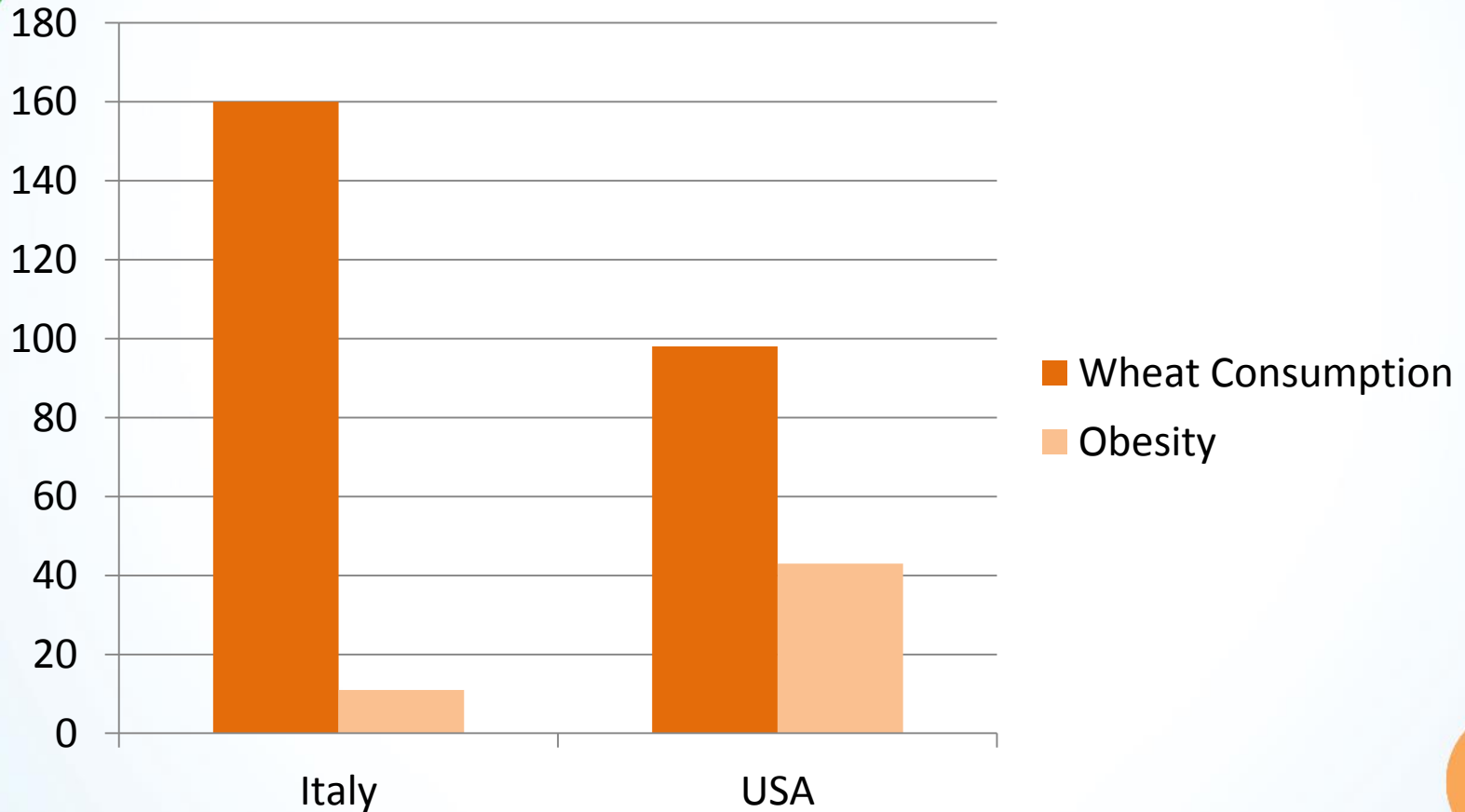
Do wheat and gluten make you fat?


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- C. The proliferation of wheat products has paralleled an increase in our waist size
- D. All of the above
- E. None of the above



Actually: it seems that the more wheat you eat, the *less* fat you are!





“A gluten-free diet is not only the most effective diet to lose weight, but also the healthiest, most nutritious way to eat.”

NO

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- Individuals on the GF diet have gained weight even when they were overweight to begin with
- A gluten-free diet is not *inherently* healthy, unless you specifically make it so.



Are there any genes linked to non-celiac gluten sensitivity (NCGS)?



Gluten Free Society

Educating Doctors and Patients About Gluten Sensitivity



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- Family discounts are available on 2 or more test kits





Are there any genes linked to
non-celiac gluten sensitivity (NCGS)?

NO

No research exists currently to prove that non-celiac gluten sensitivity is detectable by any genetic testing method.

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Can celiac disease be diagnosed through a stool sample?



or a doctor's office. Furthermore, you can decide if you want to be tested and do not have to beg a doctor to test you for gluten sensitivity.

Thus, because the antibodies produced as the result of gluten sensitivity are mainly secreted into the intestine rather than the blood, analyzing stool turns up many more positive tests than blood tests. It is only when the immune reaction has been present for long periods of time and/or the process is far advanced that antibodies are produced in quantities sufficient to leak into the blood. [Top](#)

Why is a Stool Test a Logical Test for Gluten or Other Food Sensitivity?

The immune cells present in the intestinal tract comprise the largest mass of tissue in the body assigned the function of protecting against foreign invaders. These invaders are present in the form of proteins called antigens. Although the intestine's immune cells probably evolved originally to ward off infecting organisms, in fact, their most frequent exposure to foreign antigens comes from food. One of the first lines of defense against foreign antigens (food or infections) is the secretion of a special antibody called secretory IgA into the intestinal lumen (i.e., the hollow center of the intestine). Here, these antibodies bind the antigen by a sort of lock and key recognition mechanism, in an attempt to neutralize the antigen so that it cannot enter the body. Because these antibodies do not get reabsorbed after entering the intestinal tract, they travel all the way through the intestine where they can be recognized in the stool. This is the rationale for the new gluten and other food sensitivity testing methodology invented and offered by Enterolab (U.S. and International patents issued). [Top](#)

Do I have to be eating gluten for a gluten antibody test to be positive?

Because production of anti-gluten antibodies is under genetic control, your body continues to make these antibodies for an extended period after gluten is removed from the diet, albeit, in lesser quantities the longer gluten is removed from the diet. Research has shown that these antibodies continue to be produced at lower levels for months, even 1-2 years after gluten is removed from the diet. Stool tests can continue to detect these low levels of anti-gluten antibody produced in the intestine over this 1-2 year period (and longer if there is still small amounts of gluten in the diet, even hidden gluten); tests for anti-gluten antibody in the blood routinely become negative after 3-6 months on a gluten-free diet. [Top](#)

If I am already on a gluten-free diet, do I have to return to eating gluten to be accurately tested for gluten sensitivity using the stool test?

Although it has been stated that a person must be eating gluten to be able to detect antibodies to gliadin in blood, we have found that this is not true for our stool tests (and other researchers have found the same when sampling upper intestinal contents with tubes). Because the stool tests (but not blood tests) can find low levels of anti-gluten antibody produced in the intestine, we actually recommend that you be tested on your current diet, that is, gluten-containing or gluten-free. The amount of antibody being produced at any given gluten intake will be more meaningful if it reflects your normal condition rather than an artificially created condition by reintroducing gluten (if you have been off of it for a time) or trying to eat gluten in excess. Furthermore, even though a person removes obvious sources of gluten from the diet, there continues to be the potential of hidden gluten in less obvious food or drug sources (such as food additives, medicines, lotions, etc.), or when eating outside the home. Thus, it is possible that the test still may turn up positive for this reason.

Our recommendation then is simply to eat what you are currently eating, or whatever you think is best for you right now. There is no need to introduce the food being tested for in any amount, and especially not in large amounts which could make you ill. If you have been off gluten for short periods, the results will be very close to those if you never had removed gluten from the diet. For people who have been gluten-free for longer than 1-2 years, it is actually best to remain gluten-free for the stool test, and to also rely on the stool test to aid in the diagnosis (see next section).

Thus, it is better to test on the current diet before adding the unreliable variable of a one to two week gluten challenge. It varies in different people how they or their immune system will react to gluten, and how long it would be required to eat gluten to make tests positive (as they once may have been before starting the diet). There are no guarantees that a truly gluten sensitive person will have positive tests after a short 1-2 week gluten challenge anyway, even if they get symptoms from it.

Here are the potential scenarios of stool and gene test results if testing is performed on a low gluten or gluten-free diet (rather than doing a gluten challenge).

Scenario 1

Because the stool test is much more sensitive than the blood tests, and the antibody can be produced for years after removal of gluten from the diet, the stool test may well be positive despite being on a reduced or restricted gluten diet. The gene test (which we

Panel A1 + C1: Comprehensive Gluten/Antigenic Food Sensitivity Stool Panel (Combines These Panels at a 15%-off Discounted Price)

Sensitivity Stool Panel - \$539 and for a limited time Free Shipping
Combines Panels A1 and C1 at a discounted price. Tests for immunologic reaction to the four primary individual food antigens and four additional antigenic food categories:
Tests for Gluten, Milk, Egg, Soy, Other Grains (corn, rice, oats), Meats (beef, chicken, pork, tuna), Nuts (almonds, cashews, walnuts), and Nightshades (white potato)

Tests Included in this Panel:

Fecal IgA antibody against: Gluten (gliadin), Milk (casein), Egg (ovalbumin), Soy, Corn, Oats, Rice, Beef, Chicken, Pork, Tuna, Almond, Walnut, Cashew, White Potato

Why order Panel A1+C1? This panel is designed to test for the main food sensitivities while keeping the price down. Gluten, cow's milk, chicken eggs, soy, other grains, meats, nuts, and white potatoes are the most immune-stimulating (antigenic) foods consumed in large quantities. Testing for many food sensitivities at one time lowers the charge per food tested to about half the price, because the bulk of the work of any fecal test is in the processing of the specimen (which takes several days). Thus, this test is an excellent value for the information obtained.

Many foods besides gluten, cow's milk, eggs, and soy are antigenic in their own right; other grains, meats, nuts, and nightshades (potatoes being the primary food eaten from this latter class) being among the main food classes to be so. Minimizing exposure to antigenic foods is an important component of an anti-inflammatory lifestyle to optimize immune system health.

Food sensitivity is now a very common entity because heightened activity of our immune systems [caused by a) immune-stimulating hormones and toxins in food, water, and, air, b) genetic modification of our main foodstuffs (extensive hybridization of wheat, laboratory genetic modification of soy beans, corn, and other foods), c) altered intestinal flora from extensive use of antibiotics by humans, in agriculture, and chlorine in water, d) overuse of drugs inhibiting secretion of digestive acid in the stomach, and e) for the past 50-100 years, overly sanitized conditions when infants and children are developing proper immune tolerances] has rendered most of our main protein-rich foodstuffs highly antigenic. Stool testing is the most sensitive measure of these types of reactions (much more accurate than blood, skin, or saliva testing). The combination of tests when ordered in this panel saves you greatly over ordering the panels and tests individually. [Top](#)


Panel B2 + C2: Comprehensive Gluten/Antigenic Vegetarian Food Sensitivity Stool (Combines These Panels at a 20%-off Discounted Price)

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Tests for sensitivities to Gluten, Oats, Yeast, Gluten-induced autoimmunity, Cow's Milk, Chicken Eggs, Soy, Other Grains (corn, rice, oats), Sesame seeds, Garbanzo beans, Nuts (almonds, cashews, walnuts), and Nightshades (white potato)

Tests Included in this Panel:

Fecal Anti-deamidated gliadin, Fecal Anti-TTG, Fecal Anti-oat protein, Fecal Anti-Saccharomyces cerevisiae antibody (ASCA) for Crohn's, and Tests for Fecal IgA Antibodies to Milk, Egg, Soy, Corn, Rice, Sesame Seeds, Garbanzo Beans, Almonds



Can celiac disease be diagnosed
through a stool sample?

NO

Stool tests are not FDA approved for diagnosing celiac disease, the test is not trustworthy, and board-certified gastroenterologists will not use stool testing results in diagnosis or treatment of celiac disease.

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Only kids get celiac disease.
If I don't have it by the time I'm an adult,
I'll never have it!





Only kids get celiac disease.

If I don't have it by the time I'm an adult, I'll
never have it!

NO

Celiac disease can develop at any age, ***even if you have
previously tested negative!***


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Only thin people can be diagnosed with celiac disease



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[HOME](#) · [CELIACT](#) · CELIAC DISEASE AND OBESITY: IS THERE A CONNECTION?




Celiac Disease and Obesity: Is There a Connection?

Date: June 24, 2013 Category: Celiac Discussion: 41 Comments

A fellow celiac sent me the below rant and since it's a long (and very important) read, I will waste no more time. Here you go:

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Enjoy eating
without
compromise
GLUTEN FREE BURGER



Only thin people can be diagnosed with
celiac disease

NO

Obese children and adults can be diagnosed with celiac disease. Obesity does not rule out celiac disease.

The classic presentation of celiac disease is a thin, malnourished child with a distended belly. This is no longer the predominant presentation of celiac disease.

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Can you outgrow celiac disease? 





Can you outgrow celiac disease?

NO

Celiac disease is a lifelong condition. It cannot be outgrown and will not become “dormant.”

The only treatment is a lifelong, strict, gluten-free diet.

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Can you have celiac disease without having any external symptoms?



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Celiac Rant: I'm Sick of Celiac Disease!!

Date: September 02, 2014 Category: Celiac Rants Discussion: 74 Comments

I woke up this morning hoping no nude photos of mine on iCloud were hacked. The photos. all tastefully done I assure you.

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Can you have celiac disease without having any external symptoms?



Celiac disease can present with GI symptoms, non-GI symptoms, and sometimes no external symptoms at all. ***Even without external symptoms, those with celiac disease must follow a lifelong, strict, gluten-free diet.***

People with untreated celiac disease (not following the GF diet) have a potential for long-term complications like vitamin deficiencies, neuropathies, bone problems, fertility issues, and others.



Does having celiac disease increase your risk of developing other autoimmune diseases?



hypoathyroidmom.com: autoimmune-diseases-brew-in-your-body-for-years-before-diagnosis/ - Autoimmune Diseases Brew In Your Body FOR YEARS Before Diagnosis

Autoimmune disease is on the rise, now affecting anywhere from 1 in 4 people...to 1 in 2! Why don't we hear about it more than diabetes or cancer? Because we classify them into separate categories - Hashimoto's Thyroiditis, Sjögren's Syndrome, Rheumatoid Arthritis, MS, Celiac Disease, Type 1 Diabetes, etc.

At Risk For More Autoimmune Diseases

If you have one autoimmune disease (AID), you are statistically at risk for subsequent autoimmune diseases.

Why?

Because it's like you have a fire and if you don't put it out, it just gets bigger and bigger. It goes from attacking your joints (Rheumatoid Arthritis) to your gut (Celiac Disease) to your brain (gluten ataxia) and on and on.


I am writing about predicting autoimmune diseases because 25% of those with one autoimmune disease are likely to develop other autoimmune diseases. Dr. Gerald Mullin from Johns Hopkins says statistically somebody with an autoimmune disease is at risk of a **total of 7 autoimmune diseases in his or her lifetime**.

If you have an autoimmune disease you may know that they commingle. If for example you have Celiac Disease you're at risk for Type 1 Diabetes, Hashimoto's Thyroiditis, Rheumatoid Arthritis, Juvenile Rheumatoid Arthritis, etc. That gives you the title of Multiple Autoimmune Symptoms (MAS). We now know that people are being diagnosed with autoimmune diseases at epidemic rates. So this is an important topic because predicting or identifying autoimmune disease brewing years ahead of time can really give us a heads up.

If you're reading this article and you have one autoimmune disease, you need to pay attention because you could possibly be at risk for others.


The PROCESS of Autoimmune Disease is the SAME

The process of an autoimmune disease is **exactly the same**. Our own immune system attacks our own tissue. We only differentiate it because it attacks




Hypoathyroid Mom has 2,311,429 monthly pageviews with 713,466 monthly unique visitors from 209 countries in the world. (Photo by: Helle Syddendal/THE Medier)

Hypoathyroid Mom is the WINNER



HEALTH ACTIVIST AWARD
wegohealth
health activist awards

Hypoathyroid Mom is the WINNER of two 2014 WEGO Health Activist Awards: Health Activist Hero & Best In Show Twitter



Does having celiac disease increase your risk of developing other autoimmune diseases?

YES

There is a slight increased risk of Type 1 Diabetes (1-2% risk) and thyroid disease (~5%) if you have celiac disease, but this mainly occurs because they share similar genetic predispositions.

There is not a direct proven role of gluten in developing other autoimmunity. As far as we know, gluten is only related to autoimmunity in celiac disease.



Will you get colon cancer if you make mistakes on the gluten-free diet?





Will you get colon cancer if you make mistakes
on the gluten-free diet?

NO

There is a slightly increased risk of intestinal cancer in ***long-term untreated celiac disease (no GF diet)***. Those on a well-maintained GF diet have no increased risk, even with occasional unintended gluten exposure.

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GMO wheat is causing more people to have celiac disease and/or gluten intolerance



www.fox.com/us/gmo-gluten-sensitivity-trigger-343/ — GMOs linked to gluten disorders plaguing 18 million Americans — report — RT America

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How to flush belly bloat

nucific.com


Cut a bit of belly bloat each day by avoiding these 3 foods

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Genetically modified foods such as soy and corn may be responsible for a number of gluten-related maladies including intestinal disorders now plaguing 18 million Americans, according to a new report released on Tuesday.

The report was released by the Institute for Responsible Technology (IRT), and

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Top 10 healthy foods

“Genetically modified foods such as soy and corn may be responsible for a number of gluten-related maladies including intestinal disorders ...”

In soy, corn, cotton (oil), canola (oil), sugar from sugar beets, zucchini, yellow squash, Hawaiian papaya, and alfalfa, “Bt-toxin, glyphosate, and other components of GMOs, are linked to five conditions that may either initiate or exacerbate gluten-related disorders,” according to Smith.

It’s the Bt-toxin in genetically modified foods which kills insects by “puncturing holes in their cells.” The toxin is present in “every kernel” of Bt-corn and survives human digestion, with a 2012 study confirming that it punctures holes in human cells as well.

The GMO-related damage was linked to five different areas: intestinal permeability, imbalanced gut bacteria, immune activation and allergic response, impaired digestion, and damage to the intestinal wall.

The IRT release also indicated that glyphosate, a weed killer sold under the brand name ‘Roundup’ was also found to have a negative effect on intestinal bacteria. GMO crops contain high levels of the toxin at harvest.

“Even with minimal exposure, glyphosate can significantly reduce the population of beneficial gut bacteria and promote the overgrowth of harmful bacteria,” the report states.


Dr. Tom O’Brian, in

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introduction of

20 Ivy League Educated Celebrities - #6 Is Hard to Believe

BuzzAunt



Start Sitting Pretty With The Seat Cushion Of The Future

Purple™ Mattress



GMO wheat is causing more people to have
celiac disease and/or gluten intolerance

NO

There is currently no research to support this claim.



Should a gluten-free diet be used to treat autism, ADHD, arthritis, pre-diabetes, and other conditions?



The screenshot shows the TACA (Talk About Curing Autism) website. The main article is titled "Understanding the GFCFSF Diet for Children with Autism" by Holly Bartfield, dated September 20th, 2015. The article discusses the GFCFSF diet, also known as the "Autism Diet," and its benefits for children with autism spectrum disorders (ASD). It mentions that the diet has been around for many years and has helped many people with ASD improve their lives, health, and functioning. The article also includes a section titled "The Diet Has Proof To Back It Up" which references research by Dr. Harumi Jyonouchi showing that 91% of people with ASD who were put on a strict GFCFSF diet improved. The article concludes by stating that the diet is dramatically beneficial for their child and that many parents report that their children began to talk or increased their speech with the diet as well. Although this is anecdotal evidence, the preponderance of it is massive and consistent, and deserves a trial by families.

On the right side of the article, there are several sidebar elements: a "Become a TACA Member!" button, a "FOLLOW US" section with social media icons, a "LIVE CHAT" section stating "Live Chat is currently offline," and a "NEWLY DIAGNOSED CHILD?" section with a link "I think my child has autism".

At the bottom of the page, there is a small diagram titled "of Gut Flora in Microbial Translocation" showing a graph of "Gut Permeability" and "Microbial Translocation" over time, with a legend indicating "Gut Permeability" and "Microbial Translocation".

“The GFCFSF diet has been around for years and has helped many people with autism spectrum disorders. “



Should a gluten-free diet be used to treat autism, ADHD, arthritis, pre-diabetes, and other conditions?

NO

Unless there is a known diagnosis of celiac disease or NCGS, there is not enough research to confirm that a gluten-free diet is effective in the treatment of these conditions.




Can you drink coffee on a gluten-free diet?



Want help with a guided Paleo Challenge? [Let us help you!](#)

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BAD NEWS, GUYS: COFFEE CAN LOOK LIKE GLUTEN TO YOUR BODY

If you're new here, check out our [meal plan](#), our [fitness plan](#), and our [ebooks](#) to help you get started with Paleo. Thanks for visiting!

Here comes the coffee nazi again! More and more it seems my job is to crush people's dreams and take away all of their favorite additions (grains, cheese, coffee...). I know, even if you won't admit it to yourself, that coffee MAY be affecting your life. Like in a negative way – not the happy, helps-me-live-my-life, buzzy way you experience it. I've written about it before [here](#).


Most people have accepted that gluten sensitivity is a real thing, unlike this fable that coffee could possibly be harmful. So I'd like to use your resolve that gluten can be "bad" to help foster this idea that coffee can also be "bad" for you.

Parts of coffee look like gluten to your body. Yes, even decaf.

In fact, a company called [Cyrex Laboratories](#) does a test on a bunch of foods – coffee, millet, sorghum, tapioca, dairy, oats, etc. – to see which ones look the most like gluten to your particular body. And coffee was the most common cross-reactor.

I was about to write up my own much more in-depth post about this when I came across Sarah's post at [thehealthyhomeeconomist.com](#). She says it better than I could, and she links to some great resources and videos for you to watch on this. So here goes, and thanks, Sarah, for the great post!

[Link to thehealthyhomeeconomist.com.](#)








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Can you drink coffee on a gluten-free diet?

YES

There is no scientific evidence of cross-reactivity to coffee!

BUSTED



Are corn proteins harmful for people with celiac disease?





The Ultimate Resource on True Gluten Free/Grain Free Diets, Recipes, Diagnostic Testing, and Lifestyle Guidance

HOME DONATE GF DOCTORS FORUM GENETIC TESTING GF PRODUCTS GF RECIPES GLUTENOLOGY ENCOURAGEMENT MEMBERS!

Is Corn Gluten Really Safe For Those With Gluten Sensitivity?

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Corn Maize (Gluten) Found to Cause Harm Again...

Since 1978 there have been a number of studies investigating whether or not corn gluten is a problem for patients with gluten sensitivity. The answer many give is that corn is perfectly safe for celiac patients. The big question is why would this advice be given if there are [multiple studies showing](#) quite the opposite? So many products that are labeled gluten free contain corn gluten or corn byproducts.



With the rise of the booming gluten free food market (billions in revenue annually), the question needs to be asked with more scrutiny. Why?

- Much of the processed gluten free junk **frood** (Frankenfood) is derived from genetically modified corn.
- There is a huge increase in patients with refractory celiac disease (these people do not respond to a traditional gluten free diet.)
- Multiple studies have shown that traditional [gluten free diets fail to heal](#) patients even after many years on the diet.
- Corn is used in the production of [sweeteners](#), shampoos, soaps, plastics, fuels, etc. The potential for cross contamination is dangerously high.
- There are [more studies](#) showing that corn gluten is a problem than there are studies showing that it is not.
- All of our domesticated farm animals are fed staple diets of genetically modified

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The Signs of Wheat-Gluten Sensitivity and Schizophrenia The clinical symptoms of celiac disease



Are corn proteins harmful for people
with celiac disease?

NO

Antibodies to maize/corn have been reported in celiac patients, but there is no scientific evidence that it is linked to celiac disease itself.

BUSTED



Will glutenase and other “gluten cutter” products help those with celiac disease or NCGS digest gluten?



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Welcome to gutdoctor

Products designed to bring inner peace

Products

- Stressolim
- Anti-Bloating Pack
- Candida Pack
- Candigest Plus 120
- Candigest Plus 30
- Colixen
- Colostrum
- Custom Probiotics CP-1
- Custom Probiotics D-Lactate Free Powder 50g
- Glutamine
- Glutenase Plus
- Helicobactrin
- Lactase Plus
- Lactoferrin
- ME/CFS Pack
- Refluxin

Glutenase Plus



People who are sensitive to gluten could benefit from taking ImmuneCare Glutenase Plus.

Those who suffer from a gluten intolerance face a daunting task in trying to cut gluten out of their diet completely. It is present in a vast array of foods as an ingredient in the form of wheat, rye or barley. The value of Glutenase Plus is that if you do not wish to cut gluten out of your diet completely, you can take a Glutenase Plus capsule at the start of a meal containing gluten, and avoid any intolerance problems. This makes life much simpler and easier.

"I took my first ImmuneCare Glutenase Plus capsule and then ate a croissant. My first croissant in 20 years! Nothing happened. Absolutely nothing – no blisters on my tongue, no discomfort. I didn't have to run to the loo. I was fine. I was practically crying with the relief of it all. Not just the fact I'd eaten a croissant but the realisation that I could eat gluten again without any side effects now I'd found ImmuneCare Glutenase Plus." Angie Morris

How Does ImmuneCare Glutenase Plus Work? By breaking the gluten into smaller, more easily digested parts, it encourages the body to take up gluten before it irritates the small bowel. ImmuneCare Glutenase Plus contains enzymes with DPP-IV (Dipeptidyl peptidase) activity. DPP-IV can be found in the intestinal tract lining. One of its primary functions is breaking down gluten. The DPP-IV enzyme activity assists digestion of proline-containing peptides found primarily in wheat, which are generally resistant to being completely broken down by other enzymes in people who are gluten sensitive. By introducing the DPP-IV containing enzyme to the digestive tract, ImmuneCare Glutenase Plus encourages break down and digestion of gluten thus rendering it non-irritant.

If you have any questions please contact us on our free helpline - call 0208 9016477 in the Northern Hemisphere; or 0064 94344533 in Australia or New Zealand ImmuneCare Glutenase Plus is suitable for those with non celiac gluten sensitivity, but not for those who have been diagnosed celiac. If you have been diagnosed celiac, then the only treatment is a gluten free diet.

Dosage instructions: Take 1 or 2 capsules at the start of each meal containing Gluten.

90 Vegetarian Capsules

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Will glutenase and other “gluten cutter” products help those with celiac disease or NCGS digest gluten?



Products such as glutenase containing DPP-IV do not help digest gluten. There is ZERO scientific evidence for this. Please save your money!

“DPP-IV can be found in the intestinal tract lining.” **True**

“One of its primary functions is breaking down gluten.” **False**

“The DPP-IV enzyme activity assists digestion of proline-containing peptides found primarily in wheat, which are generally resistant to being completely broken down by other enzymes in people who are gluten-sensitive.” **False**

“By introducing the DPP-IV containing enzyme to the digestive tract...” **(which our gut already has plenty of)** “... [this product] encourages breakdown and digestion of gluten thus rendering it non-irritant.” **Completely Untrue!**



Can gluten-sniffing dogs help me avoid gluten?



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Can Service Dogs Help Sniff Out Gluten?

December 17, 2014



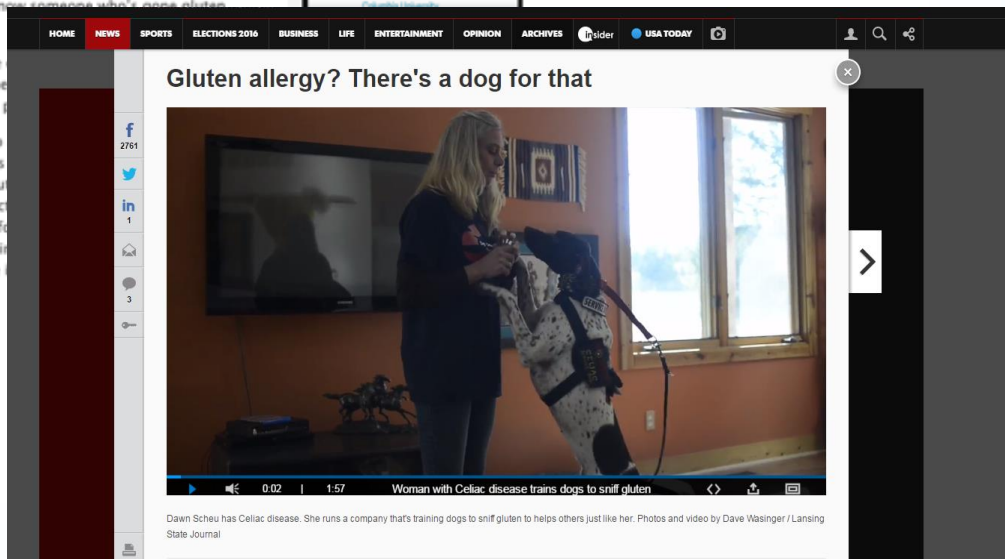
BY AMY SINATRA AYRES | DECEMBER 8, 2014

You can't enter a grocery store or restaurant these days without noticing the booming popularity of gluten-free foods. What started as a medical necessity for some has flourished into the newest diet trend — and we bet you know someone who's gone gluten-free.

Gluten is the protein in wheat, barley and rye. People have different reasons; some think it's a healthier option, while others avoid it that can result in stomach upset and abdominal pain.

But for the estimated 1 in 100 people worldwide who have an autoimmune disorder, staying away from gluten is a necessity. With the disease ingests even a minute amount of gluten can lead to food poisoning — and have long-term health effects. The only treatment for celiac disease is following a strict gluten-free diet. Even ingesting trace amounts through cross-contamination can be very challenging because it can be hidden in many products.

WHAT YOU NEED TO KNOW
NOW WATCH THE NEW
VIDEO SERIES!





Can gluten-sniffing dogs help me avoid gluten?

NO

At this time there is no research to support this claim.



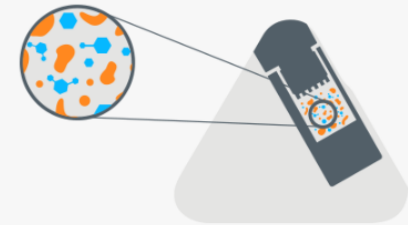
Can handheld testing devices identify gluten in foods?

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1 Fill a disposable Capsule with a bit of food



2 Screw the lid shut to grind the food



3 Mixture in the capsule reacts with food



4 The mixture is released to the test strip in the capsule



5 Nima uses sensors to analyze and read the test strip



6 Results are displayed on the front of Nima





Can handheld testing devices identify gluten in foods?



At this time, we don't know a whole lot about these devices. The companies marketing these products share only limited details on the science behind their design and function, which does not allow the medical community to make an informed decision about their effectiveness.

In addition, testing only one small area of a food will not determine if other parts of the dish contain gluten or if cross-contact has occurred.

Currently the Colorado Center for Celiac Disease does not recommend the use of these devices for people with celiac disease.



Truth vs. Myth



- Check your sources!
 - Information about medical conditions should come from members of the scientific and medical community
 - Gastroenterologists and registered dietitians are most equipped to provide information and advice pertaining to celiac disease and non-celiac gluten sensitivity
 - Bloggers and celebrities often promote their own opinions or perspectives rather than scientifically-proven medical advice
 - Don't believe everything you read on the internet!
- Findings from just one study do not necessarily mean they are universally true.
 - Reserve judgment or action until further studies can prove something is true for a wider population
- Just because no research exists about a specific topic does not mean it's false.
 - Reserve judgment until scientific studies have been conducted to determine effectiveness or accuracy of information



So... who can we trust?

Reliable Resources:

- Celiac Disease Foundation: www.celiac.org
- Beyond Celiac: www.beyondceliac.org
- Celiac Support Association: www.csaceliacs.org
- Colorado Center for Celiac Disease:
www.childrenscolorado.org/celiac
- The University of Chicago Celiac Disease Center:
<http://www.cureceliacdisease.org/>
- Center for Celiac Research and Treatment:
<http://www.massgeneral.org/children/services/treatmentprograms.aspx?id=1723>





Help us help you! 

The Colorado Center for Celiac Disease is your go-to local celiac resource! Please feel free to e-mail us with any questions you have about news stories, recent studies, or new/controversial advice regarding celiac disease, NCGS, or the gluten-free diet.

CeliacCenter@childrenscolorado.org

Our team of celiac disease experts are always happy to offer perspective on scientific findings or bust more celiac disease myths.

