

## Re: Gliadin Intolerance, and prehistoric diet.

**Source:** <http://sci.tech-archive.net/Archive/sci.archaeology/2004-08/0896.html>

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**From:** Texas rider (*grosvenr\_at\_bga.com*)

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Philip Deitiker <Donevenask@worlnet.att.net> wrote in message news:

> *Well yes if you ignore grocery stores, 99% of restaurants, etc.*

You can find some of this stuff at regular stores. I eat salads when I got out or grilled meat.

>

> > *My doctor originally told me to avoid wheat, but he didn't*

> > *stress how much to avoid it.*

>

> *He probably did not understand what wheat intolerance is.*

Yes, you are right, he didn't understand it, and he's very tuned in to food problems, but he didn't get this.

> *You were very lucky, they kept you in.*

I'm on two internet lists and had read things about problems with wheat, so I posted a couple of queries and someone called it celiac or celiac sprue. Once I had a real searchable word, I was able to figure it out myself. If I hadn't been able to do that, I think I might have died.

They served me a

> *whole meal that included a slab of chicken and some rolls. The*

> *next day I was back in the hospital again. I went on a liquid*

> *diet for 5 months. Popsicles, Yogurt 'jello' Pudding, soup*

> *broth, rice soup. I could not eat rice for about 2 months at*

> *all.*

>

I would have not made in on a liquid diet very long, that's for sure. Those rolls set you back.

> *This is the typical age of recognition however the CD itself*

> *was probably advancing for 10 years previous. I myself saw the*

> *first signs when I was 28 but did not have a crisis until I was*

> *41.*

sci.archaeology: Re: Gliadin Intolerance, and prehistoric diet.

I had hints things were wrong a lot younger, but they were too vague to figure out. I finally got diagnosed at 46.

>

> > *I was very small and thin as a child*

>

> *not small but thin. Actually I was a fat baby, as soon as I*

> *started eating solid food I lost all my fat and became thin.*

I was chubby until about age 4 and then got very thin.

> *When I left highschool I weighed about 158, now I weigh about*