

Re: Gluten Problems

Source: <http://sci.tech-archive.net/Archive/sci.med.nutrition/2004-10/0455.html>

From: tcomeau (tunderbar_at_hotmail.com)

Date: 10/12/04

Date: 12 Oct 2004 07:15:56 -0700

softeng@ihug.co.nz (Softeng) wrote in message
news:<4dcafd9d.0410111400.3a6b7279@posting.google.com>...
> *Hi there everyone, I am hoping I can get some help.*
>
> *I have recently been tested for coeliac disease by my doctor after*
> *several years of ill-effects after eating, mostly related to*
> *drowsiness.*
>
> *My results are now back and I wont be in to see my doctor for another*
> *three weeks so I was hoping I could get a general feel for what the*
> *results might mean.*
>
> *They are as follows.*
>
> -----snip-----
>
>
> *Tissue Transglutaminase (tTg*) : 5 Units (0-20)*
> *Gliadin IgG : 17 Units (0-20)*
> *Gliadin IgA : 32 Units (0-15) **
>
> *Result Interpretations*
>
> *The tTg IgA is negative.*
> *The Gliadin IgG is negative*
> *The Gliadin IgA is strongly positive.*
>
> ** tTg has been identified as the epitope against which endomysial*
> *antibodies are directed.*
>
> -----snip-----
>
> *The doctor has said that these results are inconclusive and wants me*
> *to wait another three months and take the test again.*
>
> *Can anyone please shed some light on these results. I thought that*
> *Gliadin IGA antibodies meant that my body didn't like having gluten*
> *fed to it???*

- >
- > *Could this be causing my symptoms?*
- >
- > *I am trying to establish whether I should try a GF diet for a week or*
- > *two. It seems that when I try and restrict my diet , I get some very*
- > *unfortunate side effects. I get very 'fragile', depressed e.t.c ? its*
- > *kind of scary.*
- >
- >
- > *Any help would be much appreciated.*

If you have been on a high-grain diet, chances are you are depleted of some important vitamins. I would suggest you start on a good B vitamin complex stress formula. I would also suggest some cod liver oil capsules. Take these regularly for a few weeks before trying to restrict your diet. Depletion of b vitamins with will cause you to feel anxious and fragile, depressed etc. Correct the imbalance and you will see that your focus and mental strength will return. then try the gf diet. Let me know if you try this and how it works for you.

Good luck,

TC