

Re: Gluten Problems

Source: <http://sci.tech-archive.net/Archive/sci.med.nutrition/2004-10/0463.html>

From: Bill Clinton (*governor_at_whitehouse.org*)

Date: 10/12/04

Date: Tue, 12 Oct 2004 10:41:58 -0700

"Softeng" <softeng@ihug.co.nz> 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.*

Female? Are you short, thin, white and of Irish descent?

Have you had your bone density checked? Celiac

sufferers often develop osteoporosis.

Celiac result in numerous vitamin deficiencies

such as all the soluble nutrients like vitamins K, D, E, A and

the water soluble nutrients such vitamins B-12, B-6

folic acid, calcium, and magnesium. Celiac sufferers also

often have a secondary lactase deficiency...

translation to peasant speak....celiac sufferers

have problems with the digestion milk sugar.

further comments below

>

> *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) **

It is out of range. Perhaps Celiac or perhaps
something like Crohn's disease as 15% of Crohn's

patients have elevated antigliadin antibodies.

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- > *Result Interpretations*
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- > *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.*

epitope is as the part of the antigen that binds to the active part of the immunoglobulin.

- >
- > -----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.*

You should be using vitamin/nutrient supplements if you are celiac victim. If you need to eliminate gluten, you'll likely need to avoid gluten as a poison even tiny amounts. Processed foods like tater tots, frozen foods, many canned foods, and frozen foods can have amounts of gluten. Gluten comes primarily from wheat, barley, oats, and rye. You'll need to avoid hydrolyzed vegetable protein as it often contains gluten.

Depending on the degree of damage it can take many months even several years to reach maximal recovery which may not be complete. Some patients don't respond to the removal of gluten and require prednisone. Apparently as the result of a superimposed autoimmune reactions that is attacking the intestinal epithelial cells.

The damage is sneaky. People who go off of their wheat free diets often don't get symptoms until weeks later. The damage accumulates and can even lead to cancer. IMO the cancer is largely preventable with supplemental vitamins like folic acid and with a gluten free diet. It is quite possible to have a great diet without gluten. Processed foods and eating out will be pretty dangerous. Some have suggested low gluten diets which contain 2.5 g/day of gluten but that isn't much and if any slips in turn some unseen source.....well I think one better go all on the road of gluten elimination. My books are not current on the current standard of practice, so ask your Doctor. You would do well to get some recent medical literature on whatever the diagnosis is.

Apparently the physicians per the textbook are reluctant to suggest going on gluten free diets as patient are often too lazy or too bull headed to change their diets or/and the physicians can not be bothered advising patients :-(

Not a Doctor
Bill

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> *Any help would be much appreciated.*