

HolisticHealth Bay Area

Going Gluten-Free

Gluten may be the root cause of many symptoms suffered by those who are chronically ill.

Gluten is the protein in the inner part of some grains. It is composed of gliadin and glutenin. **Gliadin is the component of gluten that causes problems in those people with immune systems that do not tolerate gluten.**

Gluten sensitivity is an auto-immune disease that causes inflammation throughout the body, affecting many organ systems including the brain, heart, digestive tract and joints. For some people, it very well may be the root cause of various chronic health problems.

Celiac Disease is at the extreme range of the continuum where there is complete intolerance to gluten.

There is a genetic association in those with Celiac Disease. Those with complete intolerances to gluten may have severe symptoms of diarrhea and fatigue. The intestines of those with intolerances become severely damaged with exposure to gluten.

Those with mild gluten sensitivities may have symptoms such as slight bloating or tiredness after eating gluten. A mild inflammatory reaction of the small intestine often occurs.

Celiac disease and gluten sensitivity were previously thought to be extremely rare in adults and mostly affect children. That's not the case anymore. Celiac disease affects 1 in 100 Americans, while gluten sensitivity may affect up to one-third of Americans.

A recent study in the Journal of the American Medical Association (JAMA, Sept 2009) found that people with celiac disease or gluten sensitivity had a higher risk of death, mostly from heart disease and cancer, whether it has been diagnosed or not, or even when it is latent. This study showed 35 percent increased risk of death in those with gluten sensitivity without celiac disease, 39 percent increased risk in those with celiac disease, and 72 percent increased risk in those with gut inflammation related to gluten.



This tells us that even without celiac disease, some people could have serious health problems and may even die from eating gluten. Many, especially those who are chronically ill, are not even aware that they have gluten sensitivity.

According to The New England Journal of Medicine review paper, there are 55 health problems/diseases that can be caused by eating gluten, including cancer, almost all autoimmune diseases, such as rheumatoid arthritis

6 *Today, more than 95% of all chronic disease is caused by food choice, toxic food ingredients, nutritional deficiencies and lack of physical exercise.*

Mike Adams
author, investigative journalist, educator

and multiple sclerosis, irritable bowel disease, inflammatory bowel disease, anemia and fatigue. Furthermore, gluten is also linked to depression, migraines, neuropathy, as well as autism.

Many autistic children show improvement with a decrease or elimination of gluten from their diets. Those with Down's Syndrome often have Celiac Disease. Slight improvement in the functional level of those with Down's may be possible with elimination of gluten from the diet.

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Simple Solution to INDIGESTION

Is eating a
and not
a pleasure?



Low levels of **HCL** is the culprit in most cases of indigestion, heartburn and GERD (Gastroesophageal Reflux Disease).

Causes of low HCL level

The decrease in hydrochloric acid (HCL) that the stomach produces may be caused by several factors:

- vitamin and mineral deficiencies
- chronic stress (impairs production of sufficient HCL)
- natural course of aging (the average 60-year old produces ¼ the amount of the amount produced by the average 20-year old)
- presence of the **Helicobacter pylori** (H. pylori) bacteria in the stomach
- excessive alcohol consumption (can damage cells that produce HCL in the stomach)

Adverse Effects of Low HCL Levels

The symptoms are both uncomfortable and harmful. With decreased HCL, B-vitamins and proteins are not

digested and absorbed well, causing decreased energy, and muscle atrophy seen in aging. This also predisposes you to decreased immune system function, which in turn leads to all sorts of problems in the elderly, including increased susceptibility to upper respiratory infections, and predisposition to cancer.

Decreased HCL also increases the possibility of pathogens residing in the stomach and further down into the gastrointestinal tract (GI). The high acidity in the stomach kills many pathogens that could do more damage if allowed to get further down the GI.

Smart Solution

Do not be deceived by taking antacids that lower stomach acidity, *temporarily*.

To arrest the culprit and solve your symptoms of indigestion, heartburn and GERD correctly, **take supplemental HCL capsules at the beginning of each meal for about a month.** 🌱

Those who think they have no time for healthy eating, will sooner or later have to find time for illness.

Dr. Doug Recommends




A gluten-free bakery
1224 Arroyo Avenue, San Carlos CA 94070
(650) 241-9378

\$1.00 off
at Zest Bakery

Expires August 31, 2011

HEALTHY cookware

In recent years, concern about toxic chemical emissions from non-stick cookware has developed. The nonstick coating contains **fluoropolymers**, the component that makes the cookware nonstick. **When the coating begins to breakdown, toxic gases and particles can be released. Some of these toxins are carcinogenic.**

If you want to **minimize the risk of toxic chemical emission from nonstick coating, use nonstick coated pots/pans for quick and low heat cooking** like eggs. The non-stick pan is convenient for **cooking foods that tend to stick**, such as eggs and pancakes. **Set the stove burner no higher than medium heat.**  **For all other cooking, use stainless steel or cast iron pots/pans.**

Here are other healthy cookware options:

1. **Enamel coated pots and pans.** Le Creuset is the brand that is well-known for enamel coated pots and pans. *You'll need to get used to the longer pre-heating process so food won't stick to the pan.*
2. **Stone-coated pan.** This is usually available online. This is good for sautéing.

Healthy cookware supports a healthy lifestyle. 🌳

There are conflicting statements about the safety of nonstick cookware. For instance, Dupont, the maker of Teflon, the well-known brand, says it's safe. You can read more about it here:

http://www2.dupont.com/Teflon/en_US/products/safety/key_questions.html#q1

Robert L. Wolke, Ph.D. says they're safe as long as they are not overheated. Read the rest of his comments here: <http://www.goodhousekeeping.com/product-testing/reviews-tests/kitchen-cooking/nonstick-cookware-safety-facts>

TESTIMONIALS



Doug's grasp of science, nutrition, anatomy and physiology -- as well as functional medicine -- is superlative. I am especially grateful for his knowledge and willingness to go the extra mile to get to the root cause of issues. His skill, caring attention, and insights instill confidence that even my chronic conditions can be healed. Even one session is a transforming experience. The results he achieved – amazing! I gained relief from pain I'd been dealing with for months. My range of movement has expanded and my well-being improved! Thank you for returning me to health and giving me hope!

April, San Francisco

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I wanted let you know how grateful I am with the care that you have provided me this year. Six months ago, not only did I physically feel bad, but the impact of having Barrett's Esophagus was very distressing. It has been a journey. It is unbelievable that just six months later (after treatment with you), my upper endoscopy report shows no sign of Barrett's any longer. I know we still have some work to do to deal with the Eosinophilic Esophagitis, but I am sure that with your help, my condition will also be resolved. Thanks again!

Jill, Morgan Hill

Gluten-containing grains:

wheat, oats, rye, couscous, teft, kamut, amaranth, spelt

Gluten-free grains:

rice, wild rice, quinoa, buckwheat, tapioca, millet, sorghum, corn

Hidden sources of gluten:

barley malt, caramel color (found in soda, prepared or packaged foods, etc.), MSG, hydrolyzed vegetable protein, soy flour/soy protein, soy drinks and soy energy bars.

To find out if you are gluten sensitive, do one of the following:

1. Eliminate gluten from your diet completely. (Watch out for hidden sources of gluten. READ the labels.) After 2-4 weeks, eat gluten containing foods again. If you feel bad, you need to eliminate gluten permanently.
2. Get a laboratory testing for gluten sensitivity or Celiac disease.

If bread is a staple of your diet or you love bread and you develop gluten sensitivity, eliminating gluten from your diet will be difficult. The good news is following a gluten-free diet now

is a lot easier than ever.

For instance, if you have mild gluten sensitivity, you can occasionally use digestive enzymes to enjoy gluten treats. The enzyme formula must contain enzyme DPP IV. This helps digest gluten, as well as casein in milk.

In addition, those with mild gluten sensitivity may be able to eat foods that contain small amounts of gluten, such as soy and spelt.

Gluten-free grains and baked goods are available in some local stores, bakeries and restaurants. If they are not available in your local area, you can find them online. Those with Celiac's should buy grains or baked goods from manufacturers or bakeries that are careful not to cross contaminate gluten containing grains with non-gluten containing grains.

If you go gluten-free, remember that there is still a host of foods you can enjoy. 🌳



We did it!

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Message from Dr. Doug:

Hello! I hope you are enjoying the summer outdoors and the fruits and vegetables of the season. My family recently enjoyed the beautiful drive down to Southern California along the coast. Among the fruits, we are enjoying cherries, nectarines, peaches and plums.

This month's issues tackle some popular health challenges that ail Americans: going gluten-free and arresting stomach acids. Be inspired of the direct and effective solutions instead of the popular temporary relief that most people resort to.

I've had a few of my patients ask what is the best cookware to use? The healthy choice actually produces good quality cooking output with the best cookware.

Make wise choices to stay healthy!

About Dr. Doug

Dr. Douglas Husbands is a Functional Medicine Doctor, Clinical Nutritionist, Anti-Aging Health Practitioner, and Doctor of Chiropractic. As a health advocate and coach, he is dedicated to achieving optimal health through resolving the underlying disease processes through diet, nutrition and lifestyle modification. To contact Dr. Doug, call 650-394-7470 or visit www.HolisticHealthBavArea.com