



NATUROPATHIC WISDOM NOTES

428 Quadra Ave, Campbell River, BC. V9W 6T9 Tel: 250-286-3655 or 800-898-6699 Fax: 250-850-2078
Email: doctor@drpincott.com Web: www.DrPincott.com Hours: Tue-Fri 9:00 AM – 6 PM. (After hours pickup available.)

Quote:

Throughout your life the most profound influences on your health, vitality and function are not the doctors you have visited or the drugs or the surgeries or other therapies you have undertaken; the most profound influences are the cumulative effects of the decisions you make about your diet and lifestyle on the expression of your genes.

Genetic Nutritioneering by Jeffery Bland

How Wheat Harms Your Brain

This information has been generously shared by Dr. Thomas O'Brian, DC in Chicago. For the last 21 years of my practice I have been recommending a wheat free diet for most of my patients for various reasons: weight loss, digestive health, mental health and skin health. Finally here are the concrete reasons why I have followed and continue to recommend a minimal amount of wheat and or gluten in the diet of North Americans. Gluten is the glue inside of wheat contained in wheat, rye, barley, spelt, kamut and oats. The trouble started over 50 years ago when hardy red spring wheat was developed to contain more gluten to make it more hardy and the human body couldn't keep up with its digestion. The following discussion is about Celiac Disease (CD), the disease of gluten intolerance, that not only affects the gut, but many other body systems including the nervous system and the brain. Eating wheat, being a key component of the North American diet, predisposes the population to CD which goes far beyond the gut!

History of Wheat and Gluten Sensitivity

Celiac Disease First Century: First published in 1500 AD, Celiac is derived from the Greek word meaning "Abdominal".

1887: Symptoms of Celiac Disease determined: Dr. Gee's treatment was alternative and not accepted.

1940-1950 William Dick Dutchman, pediatrician, noted the harmful effect of wheat flour on children. He found removal of wheat caused complete resolution of children's GI (gastrointestinal) symptoms and return to normal. This was the first time that wheat was correlated to Celiac Disease.

Small bowel biopsy 1950-1960 confirmed that wheat allergy was attacking the intestines. Celiac disease was diagnosed by taking patients off wheat and if they got better they were diagnosed with CD. The target organ was the gut at this time and most doctors stopped here.

CD is not only confined in the intestines, there may be damage in the brain and nervous system as well. The Journal of Neurology and Neurosurgery states: "**gluten sensitivity regarded principally as a disease of the smaller bowel is a historical misconception.**"

1908: Dr. Carnegie Brown discovered peripheral neuritis along with CD and they got better when they stopped eating wheat.

1925: Dr. Elders discovered CD association with ataxia (loss of balance while walking or bumping into walls).

1966: intestinal symptoms with dermatitis of knees, elbow and dermatitis herpetiformis were found to be gluten dependant.

1966: A landmark paper changed the way the doctors think about CD: 16 patients with nerve symptoms with CD, after the proof of the biopsy, all of them had gait ataxia, some of them limb ataxia and all had extensive inflammatory changes in the brain and the peripheral nerve system. They had loss of brain cells and shrinkage of the cerebellum (that control how our muscles work) over the course of many years that people didn't know was occurring. All had severe malabsorption, anemia and profound weight loss.

Diseases Associated with Gluten Sensitivities

Schizophrenia: In cultures where gluten is rarely eaten Schizophrenia is rarely found. Reduced blood flow to the front part of the brain due to wheat allergy is blamed! People with history of CD have a 320% greater risk of developing schizophrenia!

Coeliac Disease and Schizophrenia, BMJ Vol.328 21 February 2004 438-9

The immune response triggered by sensitivity to gluten may find its expression in organs other than the intestines particularly the central and peripheral nervous systems. Nerve disorders associated with allergy to wheat or gluten have been published in 60 different papers.

Neuromuscular Disorder as a Presenting Feature of Coeliac Disease, Journal of Neurology, Neurosurgery, and Psychiatry 1997;63:770-775

Gluten sensitivity can be primarily and exclusively a neurological disease including ADHD (Attention Deficit Hyperactivity Disorder), learning disabilities, PD (Parkinson's Disease), ALS (Lou Gehrig Disease), AD (Alzheimer's Disease) and Huntingtons Disease.

Range of Neurologic Disorders in Patients with Celiac Disease, Pediatrics Vol.113 No.6 June 2004

31 children with CD disease showed 15 had typical symptoms and 15 had NO GI symptoms. CD **outside of the intestine** is more frequent than CD within the intestine. Loss of tooth enamel, excess cavities, weakened bone structure (meaning not growing) osteopenic bone disease, lactose intolerance and infertility may be manifestations of CD even if there are no digestive symptoms.

The Widening Spectrum of Celiac Disease, Am J Clin Nut 1999;69:354-65

1999 study: 909 patients with CD in pediatric practice studied and looked for other autoimmune diseases; thyroid, adrenal, joints, psoriasis, or alopecia: if the child was over 10, 26% had autoimmune disease. The longer the child eats gluten if they are sensitive to it, the more likely they will develop symptoms outside of the intestines where the body will fight itself and make antibodies.

Gluten Exposure and Risk of Autoimmune Disease Gut 2002;50,140-142

Celiac Disease: A World in Exploration, Minerva Pediatr. (in Italian) 2003 Feb;55(1):23-31

Duration of Exposure to Gluten and the Risk of Autoimmune Disorders in Patients with Celiac Disease. SIGEP Study Group for Autoimmune Disorders in Celiac Disease Gastroenterology 1999 Aug;117(2):297-

Psoriasis improves with gluten free diet.

Rapid Regression of Psoriasis in a Coeliac Patient after Gluten-Free Diet, Digestion 160;2003

The range of CD symptoms is wider than previously appreciated. Many neurological symptoms of CD were found in 51% of children: Headaches, ADHD, developmental delays, epilepsy, migraines, cerebellar ataxia, hypotonia and learning disorders.

Range of Neurologic Disorders in Patients with Celiac Disease, Pediatrics Vol.113 No.6 June 2004

The mean age of onset of ataxia is 54 . For decades that person's brain has been attacked by antibodies! They might have been learning disabled as a child.

Gluten Ataxia in Perspective: Epidemiology, Genetic Susceptibility and Clinical Characteristics, Brain, Vol.126, No.3, 685-691, 2003

When does CD begin?

At time of diagnosis? No. By the time of diagnosis the disease has been going on a long time. AD is a decades long process involving at least 6 steps that has been going on for years and years but no one has known how to look for symptoms of brain deterioration. Early detection of AD is the best treatment.

Fixing Your Brain, Newsweek, June 24, 2002

Behavior is determined by the function of the brain and the function of the brain is dependent on its composition and structure. What the brain is made of determines how the brain works. Brain atrophy seems to be related to duration of symptoms. The longer the duration of symptoms the faster the deterioration occurs.

With the CD patient the iceberg theory is what is seen on the surface is not what really is there. From age of 20-30 the quality of life goes down and with each passing decade we age more quickly. The goal of trying to be healthier is to slow down this rapid decline. By the time function is affected treatment is much more difficult.

An iceberg of childhood Coeliac Disease in the Netherlands, Lancet. Vol.353. March 6, 1999, 813-14

The Iceberg Cometh: Establishing the Prevalence of Celiac Disease in the United States and Finland, Gastroenterology Vol.126, No.1, Jan. 2004, 359-361

For example PD and AD can remain under the surface and unrecognized for years before clinically diagnosed, showing symptoms that we are not trained to look for.

In-Vivo Measurement of Activated Microglia in Dementia, Lancet 358; August 11, 2001: 461- 467

1600 children ages 9 months, 2 years, 5 years and 8 years of age were studied and they had 580 % likelihood of developing antibodies to their pancreas by age 5 (resulting in Juvenile Diabetes) if they had cereal in the first three months of life!

Timing of Initial Cereal Exposure in Infancy and Risk of Islet Autoimmunity, J Pediatr. 2004 May;144(5):684-5

Can we slow the process of deterioration?

CD seems to start in childhood even though not diagnosed until adulthood. Look for it in childhood as young as age 7. By the time you are diagnosed as an adult lots of damage has also occurred over the last 20-30 years.

Undiagnosed Celiac Disease at Age 7: Population-based Prospective Birth Cohort Study, BMJ Vol.328, 7 February 2004 322-3

"Mortality in patients with CD and their relatives" This 25 year study of 1500 CD patients their family and siblings showed those on a gluten free diet lived longer and CD patients were 600% more likely to die in 20 years of something over their siblings who were not CD.

Corrao, et al., Mortality in Patients with Celiac Disease and Their Relatives, a Cohort Study, Lancet. Vol.358, August 4, 2001

Inflammation is a Mechanism of Gluten Sensitivity and CD.

Inflammation is measured by hsCRP (highly sensitive C Reactive Protein) and is triggered by wheat and gluten allergies. The brain is on fire with inflammation leading to the above neurological diseases! Homocysteine is another marker for inflammation in the nervous tissues, with elevations increasing the risk to AD, PD, ALS and other neuropathies. Hypoperfusion (lack of circulation of blood to the brain) is another symptom of inflammation.

Six risk factors that trigger inflammation in the body:

Genetics, head trauma, TIA's (transient ischemic attacks or mini strokes), microvascular defects, infections, diet and chemicals that we are exposed to. The duration of the exposure to these irritating factors will increase the incidence of these neurological disorders.

Perfusion or blood flow into the brain is important for brain function.

The carotid artery is like a garden hose and then the hose is adjusted into a spray through arterioles. CD patients were treated for one year with a gluten free diet and 12 different areas of the brain were looked at.

Hypoperfusion was found in PET scans in those who had wheat allergies. Wheat causes inflammatory changes to the brain tissues causing hypoperfusion. 73% had anxiety and 61% had depression. The same type of hypoperfusion happens with epilepsy and migraines. Gluten free diet shows significant improvement of perfusion into the brain.

Regional Cerebral Hypoperfusion in Patients with Celiac Disease, Am J Med, March 1, 2004, 312-7

10 migraine patients out of work for 7 years, tested for wheat allergies, all had antigluten antibody's, 7 out of 10 of them had complete remission of symptoms on a gluten free diet.

Headache and CNS White Matter Abnormalities Associated with Gluten Sensitivity, Hadjivassiliou, M, Neurology, Vol. 56/No. 3, February 13, 2001

Testing for Gluten and Wheat Sensitivity

Wheat and gluten sensitivities need to be checked together because wheat allergy may not show up but gluten does.

3 different type of Antibodies: IgA, IgM and IgG for gliadin, gluten, transglutaminase and myelin are blood tests offered by Immunosciences to accurately determine gluten sensitivity.

40-60% of patients who are tested have elevated Antibodies (Ab) to wheat and gluten! A gluten free diet is followed for 3-6 months and then retested and the antibody comes back into normal range. Then gluten foods were eaten twice per week for a few months and retested to see if the Ab come back.

Transglutaminase blood test is more accurate than a GI biopsy.

Summary

For the average person greatly reducing the intake of wheat results in over all weight loss, improved mental function, improved energy, improved digestion and healthier skin. For those who have more serious problems as discussed here, testing to determine your antibody levels to gluten and wheat will give you a lifelong recommendation that will assist you to age with more health and grace.

Resources

www.celiac.com

Dangerous Grains by Braly and Hoggan

Wheat flour recipes and gluten flour mixture: www.Enjoylifefoods.com

Food can be used as a tax deduction if you are confirmed Celiac Disease.

www.DrPincott.com for recipe ideas including delicious Rice Flour Pancakes!

Breaking the Vicious Cycle by Elaine Gottschall for gluten free recipe ideas.

So what is wheat good for? Kitty litter!

New at the Office

We are happy to welcome **Doris Wagner** to our staff team. She was hired early April and has started the rigorous training required for the MOA position at our office. Thank you for your patience as she learns the ropes!

Berry EFA Plus: We have a new berry flavoured fish oil for those of you who can't tolerate the Carlson's Cod Liver oil. Come in for a taste!

Electrodermal Testing (EDS) For Food Allergies Has Arrived!

We are now offering EDS testing for food allergy testing. We are offering a 20% off promotion until June 30th. Call the office for details.

We are Moving Soon!

We are getting ready to move within the next month and will email you all once we have a firm date. The new office address will be #300-1170 Shopper's Row, Campbell River, V9W 2C8. All of our phone numbers remain the same and there is an elevator. Ample parking is available to the rear of the building and on Shopper's Row.

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