

DIGESTION

Where Does the Gluten Puzzle Piece Fit - Into the BIGGER Health Picture?

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Truth is in short supply these days, yet the truth about Gluten is that all people are sensitive to its inflammatory properties - it is only a question as to what degree? Once you see the bigger picture of health and learn how Gluten and other factors limit ones' health potential - life becomes more exciting. Surprising to some, 9 out of 10 people feel remarkably better reducing or eliminating Gluten from their diets. This is because Gluten appears to affect all of the body's systems via the Nervous System not just the gut. Definitely focus on Gluten intolerance if you have been experiencing IBS - Irritable Bowel Syndrome symptoms of digestive upset, gas & bloating, poor elimination, diarrhea, heartburn, slow growth & development of children, unhealthy skin, ulcers & mouth blisters, pre-mature aging and over all failing health.

Learning how to live a low gluten, low inflammatory lifestyle takes about 30-45 days. Experimenting with the guidelines outlined in my reference book, *Beyond Gluten Intolerance - GIS Gluten Inflammatory Syndrome* makes it easier than any other resource I have found. Besides reading the Gluten story in the book - you also receive information that helps you diagnose your family's health and it gives a clear explanation of why patients often receive a false-negative for Gluten through blood screening. It is always better to rely on your body's symptoms vs. any blood test. Three levels of health programs are offered for success, which address preventative health, people living with multiple symptoms and also advanced illness that includes Celiac and other IBD Inflammatory Bowel Disease conditions.

Highlights:

- All children & adults are gluten sensitive.
- Gluten (an anti-nutrient) & poor digestion relate to all disease.
- Lowering inflammation & optimizing nutrition is the #1 health goal.
- Shortcuts to wellness; GIS diet, supplements (aloe, fish oil, probiotics, & multiple vitamin/mineral or separate) plus B-Complex/B12 & healthier lifestyle choices+.

One benefit that has brought many into the low gluten lifestyle is the ability to reach a higher excellence in athletic performance. Due to the brain-bowel connection of the neurological pathway, lowering inflammation through diet also improves other neuromuscular movement as well, including accident-proneness, bowel irregularity, dyslexia, peristalsis action of the throat (able to swallow foods more safely) and

even calms the tremors that often come with Parkinson's.

Digestion is an important topic for anyone learning about health. In fact scientific research at Tuft's University has proven that good digestion is essential for proper growth, development and healthy aging of the body and mind. Also, bountiful research underlines the critical nature of ingesting the 91 plus nutritional elements needed to support proper body metabolism. These essential core nutrients come from food (and food supplements), yet it takes a vital functioning digestive system to extract these elements. Included in the mix are; vitamins, minerals, proteins, carbohydrates, essential fatty acids and oils that are required to fuel and build the body for wellness. When the body runs short of any one or group of nutrients - science has confirmed that disease will follow.

Many challenges exist in optimizing one's daily diet. Strive for 3 smart delicious meals and 2 healthier snacks, and chew your food s l o w l y. The roadblocks will fall away and your new renewed health will encourage your efforts - energy, sleeping better, less pain in the body and starting to look and feel much younger - and it works for everyone!

Nutritional Roadblocks:

- Eating a mono diet (the same few items) or skipping meals give marginal health support of omission.
- Food abuse tied to addictions is detrimental to the body.
- Consuming high amounts of anti-nutrients (gluten, refined sugar, milk solids, etc.) impairs digestion.
- Environmental toxicity, pharmaceutical drugs, disease & poor eating habits.

Unsuspecting eaters are consuming high amounts of Gluten and inflammatory foods, not aware that their dietary choices of whole grains and perhaps other factors coming from "perceived healthy choices" are actually doing them in! The

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