

BREADS & PASTA – FRIEND OR FOE?

An interview with a couple who have learned through experience how gluten intolerance can cause a variety of symptoms

Brian: We first came to see Helen about eight months ago. At the time, I had a bad rash, felt kind of listless, and was losing my energy. My get-up-and-go was just dying out. The itching from the rash drove me right up a wall. It was a very bad rash all over my body. Not 100% coverage, but there were splotches all over – I had one on my shoulder, my arm, my legs and both my ankles.

Brian: I went to my regular doctor, skin specialist, and an allergist. All of these visits, tests and medications didn't help.

Jane: Then I read the article that was in the paper [about hair analysis] and we came here. And after Helen did the saliva test, that's when it showed he was allergic to grain. And within a week or so after he stopped eating bread, you could see the rash healing, just going away. The itching was subsiding and he could start sleeping through the night. Within four months the rash was about 80-90% clear. He took all the supplements and herbs and stayed on the diet that was recommended. He's also lost about 18 pounds in the last six months.

Brian: When I went back to the doctor, he wanted to do a blood test to confirm that I was celiac (allergic to gluten). So I had to go back on bread in order to get it into my system so it would show up on the test. Oh, my, the rash came back with a vengeance. The itching was so bad I just couldn't control it. So instead of going the full four weeks for the blood test, we went in at the end of three weeks. And I told him to take the blood test now. And I got off of grain that day. And the test came back negative. Nothing was wrong with me. I don't care what he wants to do. He can do anything he wants, but don't ask me to go back on bread, because I'm not going back on bread.

Jane: He was so cold and pale. He just wanted to sleep. And once he got off that bread again and went back on the supplements.... Now, it's four months and the rash is 98% gone.

Jane: Breakfast usually is a little bit of meat, orange juice... healthy stuff that you should be eating anyway. And then for lunch we eat salad and meat. For supper we'll have hot meat and vegetables. I noticed when I went in for a blood test, my blood triglycerides dropped about 100 points. My cholesterol dropped. But I haven't lost weight. So when my doctor looked at it, he said, what are you doing? And I said, "Well, I just gave up the grains like Brian did." He said, "Well, keep it up if it's working." He said the same thing to Brian. He said, "Your blood work is coming up real good, so keep it up!"

Brian: And finally you need to take another pill to counteract the side effects of the first pill. And after a while you're taking six different pills and you're still sick. Treat not my symptoms, but the cause of the symptoms. What's *making* me itch? What's *giving me* this rash? Let's find out what *that* is. We'll stop that and hopefully everything will go away. Helen Cox did that. She found out what it was and that was it. It's all going away.

Brian: The best thing Helen Cox did for me was finding out the problem. Basically, it's not completely solved yet. We're still working on it. Found out what the root cause of the whole thing was and that's what we're working on. Little by little I am getting better and better. The rash is almost gone. It is 98-99% gone. I have no discomfort from it any more.

Jane: I've been reading on the internet there are quite a few people that are sensitive to grains and aren't aware of the fact. When we first heard of it, there was one in every 250 people sensitive to grains. The latest I heard is about 1 to 178. So, more and more people are learning they are sensitive.

Too bad more people aren't aware of this, because if it wasn't for that article in the paper, we wouldn't have known about Helen. And Helen's been here a long time.