



## OPTIONS CENTER NUTRITION TOPIC



### Gluten Sensitivity

#### Seizures and Neurological Disorders

It is not unusual for people suffering from shakes, seizures, tremors, and more to get dramatic relief when they eliminate all wheat and gluten from their diet. This can take place in a matter of days—even after decades of suffering and dozens of non-effective prescriptions. This provides a really important wake-up call for anyone suffering from any of these neurological disorders that include epilepsy, neuropathy, essential tremor, gait and balance problems and more.

Do yourself possibly the biggest favor of your life and eliminate all wheat and gluten (wheat, rye, barley, oats, beans, and legumes) for 30 days. If you are one of the lucky ones, you will finally find blessed relief. Even if you do not get relief from neurological problems, some other part of your health may improve. It is absolutely essential for infants and young kids with epilepsy.

In almost all cases of shakes, tremors, tics, epilepsy, and more, Dr Bruce West says to include two supplements from Standard Process: **Cataplex F** (1-2 per meal) and **Calcium Lactate** (2-4 per meal). *Both are available at Options.*

The unsaturated fatty acids composition of Cataplex F acts as a “middleman” for the flow of calcium to the muscles and cells. Calcium lactate is the most assimilable form of calcium available. Made from vegetables, it also contains organic magnesium and is in a citrate base making it slightly acid for even better utilization in the body.

#### Celiac Disease

Your doctor, if asked about celiac disease (CD), would tell you that it involves damage to the gut wall, which makes for problems absorbing certain nutrients, such as iron, calcium, and vitamin D. As a result, you are more likely to develop conditions such as osteoporosis and anemia, as well as a range of gastrointestinal problems.

Children who have CD are often described as “failing to thrive.” In a research program carried out by the University of Maryland, *one in 40 children tested positive for CD* and one in 30 adults.

There is good evidence that CD is underdiagnosed and that the immune reaction to gluten that damages the gut in CD can also cause problems almost anywhere else in the body, with conditions as varied as psoriasis, multiple sclerosis, jaundice, IBS, and eczema.

The treatment, which has a high rate of success, is to remove gluten from your diet. Gluten is found in rye and barley as well as wheat.



### **Cancer and Other Conditions**

Gluten sensitivity is also at the root of a proportion of cases of cancer, auto-immune disorders, psychiatric conditions, and liver disease. The implication is that the heavily wheat based western diet (bread, cereals, pastries, pasta) is actually making millions of people ill.

There has also been considerable clinical success in treating patients for conditions such as Addison's disease, lupus, rheumatoid arthritis, and ulcerative colitis with a gluten-free diet. So if you suffer from a chronic condition that doesn't seem to respond to treatment, cutting out wheat for a while seems worth a try.

### **Are You Gluten Sensitive?**

If you suffer from any of the following, the possibility that you are gluten sensitive may be worth investigating:

- ✓ Upper respiratory tract problems such as sinusitis, "allergies," "glue ear."
- ✓ Symptoms related to malabsorption of nutrients, such as anemia and fatigue (lack of iron or folic acid), osteoporosis, insomnia (lack of calcium).
- ✓ Bowel complaints: diarrhea, constipation, bloating and distention, spastic colon, Crohn's disease, diverticulitis.
- ✓ Autoimmune problems: rheumatoid arthritis, bursitis, Crohn's disease.
- ✓ Diseases of the nervous system: motor neuron disease, certain forms of epilepsy.
- ✓ Mental problems: depression, behavioral difficulties, and ADD.

*Excerpted from Dr. Bruce West's Health Alert Newsletter*

- Call Options to make an appointment for a gluten sensitivity test.
- The same test can also indicate food intolerance to egg, soy, and dairy.

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