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IS A GLUTEN SENSITIVITY THE ROOT
OF YOUR HEALTH ISSUES?

What You Need To Know About Gluten

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Celiac Disease vs. Gluten Sensitivity

Many people confuse having a gluten sensitivity with celiac disease. While you may experience side effects from ingesting gluten, these two health issues are quite different. Celiac Disease is an immune disease in which people can't eat gluten because it will damage their small intestine

A gluten sensitivity, also known as non-celiac gluten sensitivity, is when people experience similar effects as celiac disease but they don't have the same antibodies and intestinal damage as seen in celiac disease patients.



So even if your lab results show up negative for celiac disease, don't assume gluten is crossed off the list for reasonable underlying causes of your health issues. It's estimated that people are 6 times more likely to have a gluten sensitivity than celiac disease.

Intolerance Vs. Sensitivity Vs. Allergy

Food intolerance usually refers to the inability to process or digest certain foods. This is mainly because you may not have certain enzymes or enough enzymes to break down the particular food. This means that it's not immune-mediated.

Allergies, like a wheat allergy, are associated with positive wheat-specific IgE assay from a blood test. Your immune system over responds and sets off an allergic reaction.

Food sensitivities are when particular foods are associated with positive IgG and IgA assays, which are delayed response reactions from the immune system. With sensitivities, you may experience symptoms hours or even days after the initial contact.



Symptoms Of Non-Celiac Gluten Sensitivity

People who have non-celiac gluten sensitivity may experience non-gastrointestinal (GI) symptoms.

THESE CAN INCLUDE:

- Headache
- Acne
- Brain Fog
- Joint Pain
- Numbness in the legs, arms, or fingers
- Nausea
- Bloating
- Diarrhea
- Constipation
- Fatigue
- Mood Disorders

Please note that these symptoms typically appear hours or days after you consume gluten. You may not notice them right away, making it hard for some patients to put two and two together.



How to Know if You Have A Gluten Sensitivity

ELIMINATION DIET

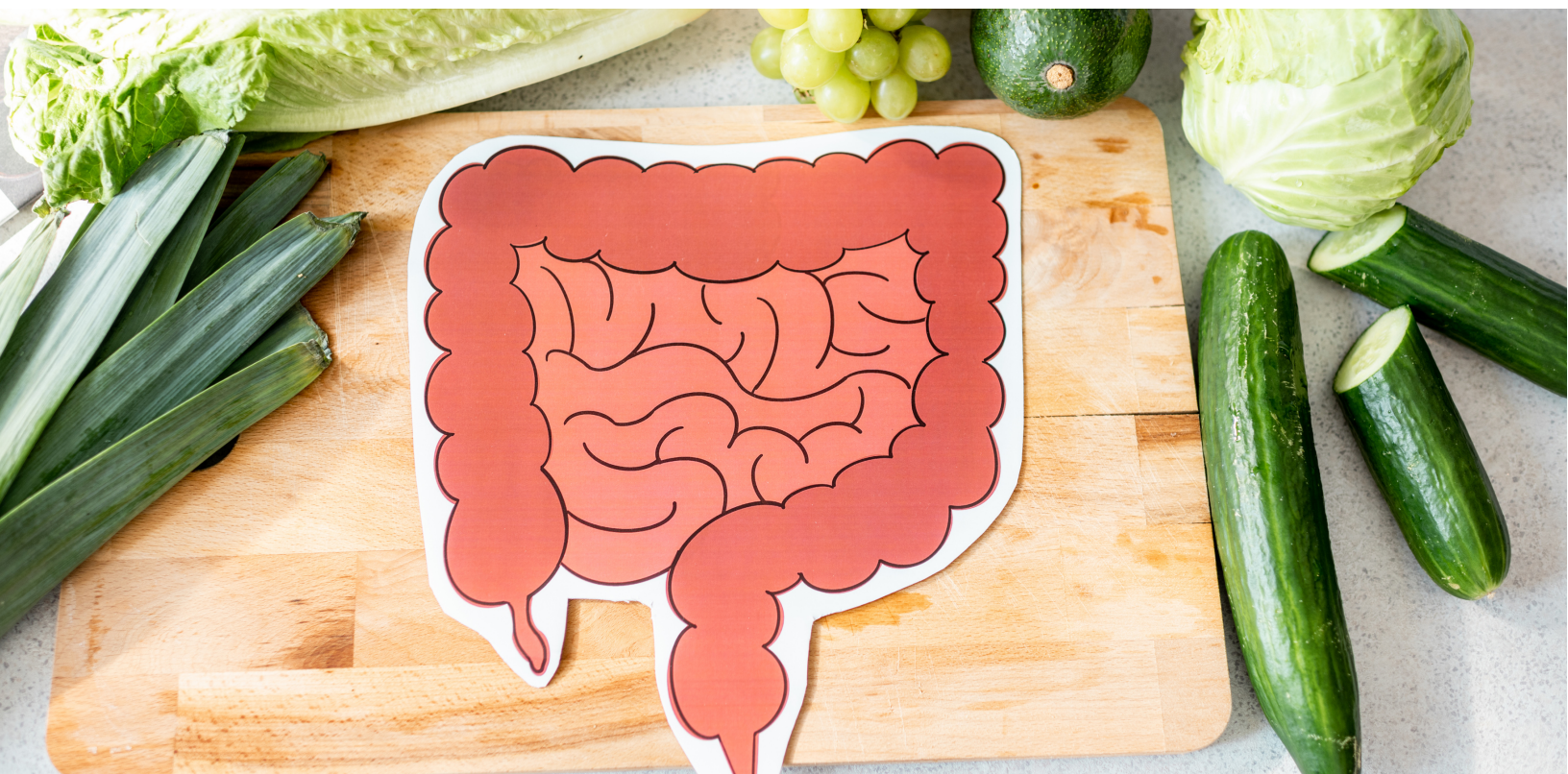
There are a couple of ways you can determine if you have a gluten sensitivity. One way is by the Elimination Diet. This is a short term diet that eliminates certain foods that you suspect are causing the issues (like gluten). By doing so, you are giving your body a break, supporting the microbiome, reducing inflammation, and increasing phytonutrient intake.



You will eliminate gluten (in all forms) for 21 days. After those three weeks are up, you will slowly start introducing gluten back into your diet. If your symptoms vanish during the elimination and then reappear after reintroduction, you'll go back to avoiding gluten for another 3-6 months and try reintroducing it once again.

FOOD SENSITIVITY TEST

Another way is by getting a Food Sensitivity test performed. Not only can it test for gluten, but it can also test for 93 foods, including different kinds of dairy, eggs, grains, fruits, and vegetables. So if you go through the elimination diet and are still experiencing symptoms, this test could be a great option. You can narrow down the foods and eliminate them for a while until your inflammation decreases, and your gut is able to heal. Then after a while, you can try to reintroduce them once again.





IMPORTANT REMINDER

Because all food groups are important in a balanced diet, it's crucial that if you eliminate gluten, you are still getting the vital nutrients in other ways. This is why working with a functional medicine provider while participating in an elimination diet is so crucial. Optimal health relies on consuming a vast diversity of foods. I can help you figure out a diet plan, so you aren't missing out on those essential nutrients.

Be aware of your nutrient levels while eliminating foods



Tips On How To Go Gluten Free

- Read all food labels
- Remember that many foods are already naturally gluten-free
- Try gluten-free alternatives
- Avoid beer, however, you can still enjoy cider, wine, spirits, and liqueurs
- Ask if restaurants have a gluten-free menu or choices
- Bring a gluten-free option to dinners to share with everyone and ensure you have options to enjoy
- Try new recipes
- Be aware of gluten in sauces



What To Look For On Food Labels

Even if something is labeled "gluten-free", you should still check the label. Avoid foods if they include any of these in the ingredients:

- Wheat
- Barley
- Rye
- Wheat protein/hydrolyzed wheat protein
- Wheat starch/hydrolyzed wheat starch
- Wheat flour/bread flour/bleached flour
- Bulgur (a form of wheat)
- Malt (made from barley)
- Couscous (made from wheat)
- Farina (made from wheat)
- Pasta (made from wheat unless otherwise indicated)
- Seitan (made from wheat gluten and commonly used in vegetarian meals)
- Wheat or barley grass (will be cross-contaminated)
- Wheat germ oil or extract (will be cross-contaminated)
- Triticum vulgare (wheat)
- Triticale (a cross between wheat and rye)
- Hordeum vulgare (barley)
- Secale cereale (rye)
- Triticum spelta (spelt, a form of wheat)





Replace Gluten With These Base Foods

- Legume Pasta
- Chickpea Pasta
- Veggie Pasta
- Quinoa
- Polenta
- Buckwheat
- Corn
- Rice
- Millet



Alternatives For Gluten In Baking

- Almond Flour
- Coconut Flour
- Black beans
- Chickpea Flour
- Buckwheat Flour
- Millet Flour
- Arrowroot Flour
- Potato Flour
- Brown Rice Flour



If you have any of these symptoms and suspect you may have a gluten sensitivity, please reach out to me. I can help you set up a plan to eliminate gluten from your diet and restore your gut health so you can experience optimal health.