

Glutenology MasterClass: Module 2 – Hidden Symptoms of Gluten Sensitivity

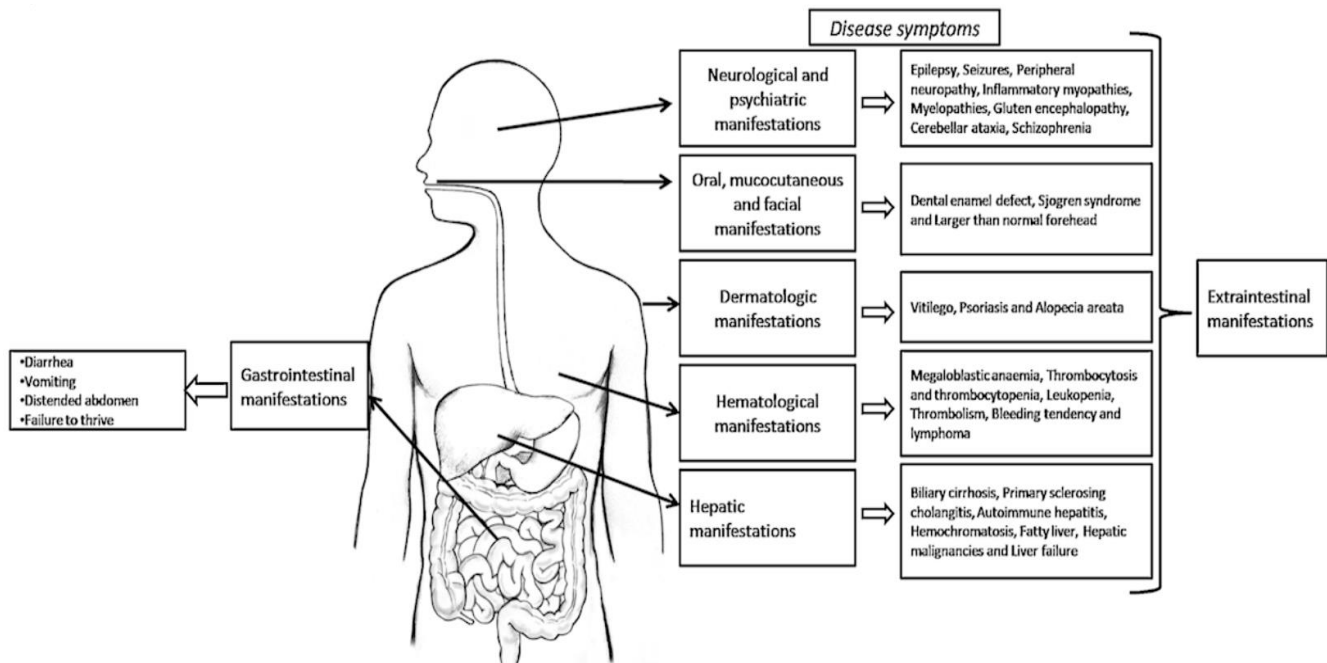
This Module Covers:

1. Common Symptoms of Gluten Exposure
2. Diseases that can be Caused by or Contributed to Gluten

Clinical Symptoms of Celiac Disease

- Clinical symptoms of Celiac disease, as they are taught in medical school are:
 - o Extreme Weight Loss
 - o Diarrhea
 - o Stomach Pain
 - o Bloating
 - o Vomiting
- In actuality, symptoms can be and usually are systemic and we now know that different people respond to gluten exposure in different ways. About 1% of the population has celiac disease, but most of them have no diagnosis because their symptoms fall outside of the standard clinical symptoms detailed above.

Gluten can cause many symptoms and treating these symptoms with medicine will not solve the original problem or address the root cause. The graphic below outlines some of those additional manifestations.



The symptoms on the right are rarely considered. Dermatologic refers to the skin. Hematologic is related to how it manifests in the blood. Hepatic is how it relates to the liver.

Gluten can cause celiac disease, but celiac disease is a rare manifestation of gluten sensitivity to the order of magnitude of about 1%... I call it "The Great Deceiver".

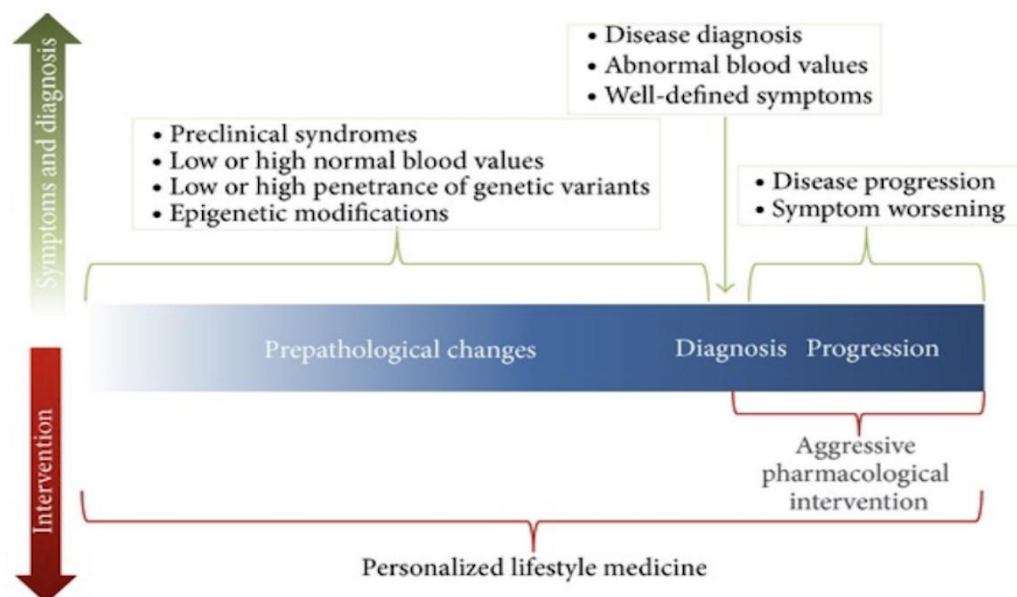
Published in 2015: "Gluten can be degraded into several morphine-like substances, named gluten exorphins. These compounds have proven opioid effects and could mask the deleterious effects of gluten protein on gastrointestinal lining and function. Here we describe a putative mechanism, explaining how **gluten could "mask" its own toxicity** be exorphins that are produced through gluten protein digestion." J Health Popul Nutr. 2015: 33:24.

- This study shows the opioid effects of gluten exorphins: asymptomatic celiac disease. Gluten can act as an opioid (one of the most potent kinds of painkillers).
 - o People gravitate toward eating bread, pasta, cereal, etc. because when they eat it they feel better, the pain "reduces". The diet is creating the inflammation, but it is also medicating the inflammation that it is creating... The longer you are on the medicine, the less effective it becomes, and the dosage must increase.

Gluten Sensitivity/Intolerance is not a disease, but it causes disease, such as:

- Celiac Disease
- Bone Loss/ Osteoporosis
- Asthma
- Fibromyalgia & CFS
- Thyroid Disease
- Psychological Disorders
- Cancer (Lymphoma)
- Rheumatoid Arthritis

Disease development takes time



Pre-Pathological changes – symptoms occur before changes in bloodwork are obvious.

- The preclinical disease is vague.
- The pre pathological changes turn into overt disease.
- Gluten is it is rare to cause the acute manifestation of frank disease.
- The longer you are exposed to gluten, the more inflammation the body is burdened with.

These pre-clinical signs typically show up early, but most ignore them. This is your general, Fatigue, Brain Fog, Aches and Pains, and Intestinal Discomfort. It is important to understand that Disease does not just happen tomorrow, **your choices over time accumulate toward good health or bad health.**

Common Symptoms of Gluten Exposure Before Major Disease Sets In...

GI Symptoms:

- Constipation
- Loose Bowels
- Heart Burn
- Indigestion
- Bloating or Excessive Gas

Mental Symptoms:

- Brain Fog
- Fatigue
- Depression
- Irritability or Mood Swings

Immune Symptoms:

- Aggressive Outdoor Allergies
- Shortness of Breath
- Recurring Infections (especially in sinus and throat)
- Chronic Cough

Neurological Symptoms:

- Headaches
- Numbness and Tingling of the Extremities
- Dizziness or Loss of Balance

Pre-Menstrual Symptoms:

- BMDD (anxiety, swelling, etc.)

Muscle and Joint Symptoms:

- Muscle stiffness, pain, and weakness
- Joint Pain
- Inability to Lose Weight

Skin Symptoms:

- Hives
- Eczema

Gluten Sensitivity is Genetic:

- It does not go away with time, and the diet must remain consistent.
- You can take our general quiz here – [Gluten Sensitivity Intolerance Self-Test](#)

Keep in mind...

****Gluten intolerance/sensitivity is not the sole cause of the following diseases. Most chronic diseases are multifactorial, there are many pieces to the puzzle. In cases where a person does not have a known cause for their diagnosis, gluten sensitivity should be ruled in or out. If your disease is listed, you need to have a conversation about gluten sensitivity with both yourself, and your doctor.**

Silent Celiac Disease – extra-intestinal (or symptoms outside of the intestine) in the absence of Celiac disease. Not a celiac diagnosis.

Key point: **Gluten is the #1 scientifically recognized trigger for autoimmune disease.**

Manifestations of silent celiac disease (predominantly extra-intestinal):

- Dermatitis Herpetiformis
 - o Skin blister manifestation of celiac
- Anemia
- Autoimmune Disorders
 - o Most common manifestation is Hypothyroidism.
 - o Particularly Hashimoto's disease
- Osteoporosis
- Neurological Disorders
 - o Epilepsy with cerebral calcification
 - o Neuropathy
 - o Cerebellar ataxia
 - o Chorea: Uncoordinated muscle movement
- Infertility/Subfertility (you have a hard time getting or staying pregnant)
- Non-alcoholic fatty liver disease
- Unexplained chronic Hypertransaminasemia
 - o It affects the liver.

Bread Madness? Dr. Peter H.R. Green, director of the Columbia University Celiac Disease Center

"An emerging group of people with gluten sensitivity have such psychiatric and neurological disorders as schizophrenia, ADHD, depression, bipolar syndrome, and "a higher rate" of some antibodies...Schizophrenia used to be called bread madness."

- Gluten can create antibodies in the brain that can trigger schizophrenia.
- Many schizophrenics do well after going gluten-free.
- Certain types of hallucinogenic molds can contaminate bread.

Gluten Psychosis - linking non-celiac gluten sensitivity to psychotic episodes.

Continued list of diseases linked to Gluten:

- Angina Pectoris (chest pain/pressure)
 - o Seen in many men who thought they were having heart attacks.
 - o Pericarditis is the inflammation of the sack around the heart.
- Anorexia
 - o Weight loss
- Immunoglobulinopathies
 - o Diseases where the body is underproducing antibodies.
- Antiphospholipid Syndrome
- Anxiety
- Apathy
- Aphthous Ulcers and Canker Sores
- Aortic Vasculitis
 - o Inflammation of the aortic blood vessel or valve
- Arthritis
 - o Juvenile Rheumatoid
 - o Enteropathy
 - o Psoriatic
 - o Rheumatoid
 - o Celiac disease may be the correct diagnosis in a patient with polyarthritis.
- Abdominal pain and distention
- Spontaneous abortion
- Addison's Disease
 - o Autoimmune disease of the adrenal glands
- ADHD
- Alopecia
 - o The immune system is destroying hair follicles.
- Anemia
 - o Iron deficiency
 - o Folate deficiency
 - o B-12 deficiency
 - o B-6 deficiency
 - o Vitamin C deficiency
 - o Vitamin E deficiency
 - o Copper Deficiency
 - o One of the side effects of gluten exposure over time is malabsorption and malnutrition and so it causes vitamin and mineral deficiency.
- Ataxia
- Atherosclerosis
 - o Plaquing of the arterial lining
 - o Gluten is known for contributing to several different types of heart disease and metabolic syndromes.
 - o It is a common manifestation of gluten-induced inflammation of the blood vessels.
- Autism and other learning disorders
 - o "A subset of children with autism displays increased immune reactivity to gluten, the mechanism of which appears to be distinct from that in celiac disease. The increase anti-gliadin antibody response and its association with GI symptoms points to a potential mechanism involving immunologic and/or intestinal permeability abnormalities in affected children." PloS One. 2013 June 18;8(6): e66155.

Continued list of diseases linked to Gluten:

- Cholangitis (gallbladder)
 - o One of the most common surgeries in the US today is the removal of the gallbladder.
 - o Many people with gluten issues had already their gallbladder removed but they still struggled with digestive problems. Not eating gluten resolved their problems.
- Dermatitis herpetiformis
 - o A blister-like lesion on the skin that directly represents a gluten sensitivity.
- Autoimmune hepatitis
- Polyglandular syndrome
 - o Refers to the different organs or glands that produce hormones.
- Thyroiditis - inflammation of the thyroid
 - o Hypothyroidism
 - o Hashimoto's disease
 - o Grave's disease
 - o Hyperthyroidism
- Bitot's spots
- Blepharitis
- Abnormal blurry vision
- Bone pain
 - o Seen in kids as "growing pain."
- Bone fractures
 - o Gluten can cause bone loss.
- Cachexia
 - o It is a wasting disease of the body. Referred to cancer patients where they develop a wasting syndrome because they have been in chemotherapy (chemo can destroy the gut)
- Bronchiectasis
- Barrett's esophagus
 - o Inflammation of the esophagus
- Broncho alveolitis
 - o Inflammation of the bronchiole in the lungs
- Adenocarcinoma of the intestine
 - o Type of intestinal cancer
- Small cell esophageal cancers
- Melanoma
 - o Skin cancer
- Asthma
 - o Bakers asthma
 - All wheat contains gluten but not all glutes are wheat.
 - Bakers predominantly use wheat flour, and they would develop asthma the wheat would irritate the lung.
 - o Autoimmune asthma
 - There are gluten proteins that can trigger an asthmatic response.
- Cardiomegaly
 - o enlargement of the heart
- Cardiomyopathy
 - o Breakdown of the muscles of the heart
- Cataracts
- Celiac disease

Continued list of diseases linked to Gluten:

- Cerebral perfusion abnormalities
 - o Blood flow to the brain can become abnormal.
- Cheilosis
 - o Chronic chapping of the lips
- Chorea
- Coagulation abnormalities
 - o The blood can get too thick.
 - o The chronic inflammation can make the platelets too sticky causing an increased risk for heart attack or stroke.
- Crohn's disease
 - o Inflammatory disease of the large intestine
- Ulcerative colitis
- Chronic constipation
- Cardiovascular disease
 - o Number 1 cause of death in the US
 - o There are many studies connecting gluten to the heart.
- Diarrhea
- Cutaneous vasculitis
 - o A form of vascular inflammation
- Cystic fibrosis
- Delayed puberty
- Failure to thrive.
 - o A lack of growth
- Dementia
 - o Alzheimer's is also connected to gluten sensitivity.
- Lymphoma
- Depression
- Dermatomyositis
- Diabetes mellitus type I
 - o Insulin-dependent
 - o Autoimmune condition of the pancreas
- Down syndrome
- Dysmenorrhea
 - o Missed period cycles can be a gluten issue.
- Dysgeusia
 - o The absence of taste and smell
 - Both can go because of gluten sensitivity.
 - o Zinc is one of the most common nutritional deficiency linked to gluten exposure.
 - Zinc is also responsible for your taste and smell.
- Duodenal erosions
- Edema
- Eczema
- Dysphagia
 - o Trouble swallowing
- Epilepsy
 - o Gluten is a major factor and cause of epileptic seizure disorders.
- Spontaneous nose bleeds
- Erythema nodosum

Continued list of diseases linked to Gluten:

- Chronic Fatigue Syndrome
- Fibromyalgia
- Growth retardation
- Mental retardation
- Secondary food allergy response
 - o You start to develop more food allergies.
- Blood in the stool
- Gastric bloating
- Grave's disease
- Bleeding gums
- Hair loss
- Heartburn
- H. Pylori infection
 - o It can increase your development of heartburn and stomach cancer.
- Hives
- Non-Alcoholic Fatty Liver
- Malnutrition and nutritional deficiency
- Infertility
 - o Hypogonadism
 - o Hypoglycemia
 - o All of these are linked up to fertility issues in women.
 - o High blood sugar and low blood sugar swings is a hallmark.
 - o Women PCOS (polycystic ovarian syndrome)
 - Diabetes of the ovaries, it is a blood sugar issue.
 - Doctors prescribe the drug that impacts insulin sensitivity called Metformin.
- Hyposplenism
- Thrombocytopenia
- Impotence
- Osteoporosis
- Insomnia
- Irritable Bowel Syndrome
- Keratomalacia
- Lactose intolerance
 - o Gluten can damage the intestinal lining where some of the enzymes that help digest lactose.
- Non-Hodgkin lymphoma
- Early menopause
- Migraine headache
- Multiple Sclerosis
 - o Major trigger factor in gluten sensitivity
- Muscle wasting
- Myopathy
- Neuropathy
- Obesity
- Osteomalacia
- Osteopenia
- Parathyroid carcinoma
- Pancreatic insufficiency

Continued list of diseases linked to Gluten:

- Tooth decay
- Polymyositis
 - o Multiple areas of muscle pain and inflammation
- PMS
- Biliary cirrhosis
- Psoriasis
- Dermatitis
- Sjogren's syndrome
 - o Dry eyes, dry mouth
- Short stature
- Scleroderma
- Steatorrhea
 - o Fat in your stool. If you are mal absorbing fat, your stool color will be clay or tan.
- Spina bifida
 - o It is a birth defect.
 - o Gluten can cause folate deficiency.
- Tremors
- Parkinson's disease
- Glossitis
 - o It is the swelling of the tongue.
- Vitiligo
 - o Loss of pigmentation of the skin
- Vomiting
- Vaginitis
- Urinary Tract Infection

This list is for the sake of giving a broad overwhelming sweeping picture of the vast nature of how gluten can impact different people in different ways. If you do not see your condition on the list, write us at glutenology@gmail.com. If it is something that we have research on or that we can help you with, we will certainly send that help your way.

Summary Points:

- Gluten Free diet is the most sustained long-term diet change, it is not just a trend that comes and goes. It is not going anywhere because a gluten-free diet is one of the core fundamentals of overcoming autoimmunity.
- Remember, Gluten Sensitivity is NOT a disease, it is a state of genetics.
- If you are not sure if you are genetically predisposed to gluten, my advice would be to [get tested](#).
- If you cannot get tested, [take our free quiz](#) to help you determine whether you need to suspect gluten as a potential culprit and get gluten out of your diet.

Module 3: We are going to be talking about why medical tests often fail to identify gluten sensitivity. We are going to dive deep into the testing component. We are also going to be talking about how to thoroughly test for gluten sensitivity.