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**Speaker:** Welcome back to the *Glutenology Health Matrix*. Today, in Module 8, we're going to be disgusting gluten mimickers, foods and compounds that can actually mimic the action of gluten making you sick or keeping you sick. As we've talked about in earlier modules, many people go on gluten-free diets and don't recover. In some studies, as much as 92% of individuals on a gluten-free diet still continue to have persistent damage. Understanding gluten mimickers is going to become a very very important part of your knowledge base.

We're going to be talking about the six primary gluten mimicking categories today. One of them are the gluten-free grains, and we'll dive into that shortly. Another are the pseudo grains, and then we have group number three, which is dairy. Then we have meat glue, and then number five is coffee, and number six is sugar. We're going to go through these each in turn and discuss why they can mimic gluten, how they can mimic gluten, what you need to be concerned about and what you can do. Stick with us as we dive in.

First, let's talk about pseudo grains. These are the most commonly confused for grains. If you don't know what the pseudo grains are, it's your quinoa, your amaranth, and your buckwheat. Technically, not grains, but again, they're oftentimes processed in facilities that also process grain. One of the biggest problems with pseudo grains is the cross-contamination issue. A lot of them are cross-contaminated with enough gluten to create damage.

Remember, how much gluten creates damage? It's 20 parts per million is the general accepted scientific rule of thumb, which is the size of a bread crumb. It doesn't take a lot of gluten cross-contamination to potentiate an inflammatory response. Some research shows that one exposure to gluten can create an inflammation that can last as long as two months. Again, this goes back to why so many people don't get better. Maybe they're gluten-free, they're getting these gluten mimicking foods and they're getting them consistently enough over time that the inflammation just continues to perpetuate.

Quinoa, there are studies that have shown that quinoa proteins can mimic gluten. Beyond the cross-contamination issue, quinoa, again, research shows that quinoa can actually-- there's a couple of different proteins in quinoa that looks so similar to gluten that many people with gluten issues react to quinoa as well. That being the case, quinoa is one of those. It could be dangerous for you if you're trying to be truly gluten-free. Again, the TRUE gluten-free diet, it excludes quinoa for that reason.

We know that buckwheat is another one. Many studies show that buckwheat has issues with cross-contamination. The same thing goes with amaranth. Many experts believe that these pseudo cereals are so similar to grain to gluten that they have been adequately studied to be really recommended as a staple source of food.

Again, word of caution with those pseudo cereals or those pseudo grains, my advice if you want to follow the TRUE gluten-free diet is go ahead and avoid them especially that first six months as you're trying to navigate and learn this diet and figure out how



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to regain and recapture your health and wellness. Another reminder on, we've talked about this in a number of our modules in the past and that is the actual what are being considered the gluten-free grains.

Now, as I've talked about, technically, there's no such thing as a gluten-free grain if you know the botanical definition of what gluten actually is. Gluten is the name of the storage proteins found in all grains. According to food labeling laws, gluten is only known as alpha-gliadin which is found in wheat, barley, and rye. Again, if you haven't watched Module 1 of this series, it's one of the most critical modules to watch because I give you the scientific breakdown of these different definitions and a better understanding of why.

Remember, corn is one of these gluten-free grains that can really trigger a response and it's because corn has a type of gluten in it called zein. There have been numerous studies that have shown that people with gluten sensitivity have trouble healing when you add corn into their diets. Corn is definitely one on the hotlist, on the high list of foods that you definitely want to avoid if you're trying to follow a TRUE gluten-free diet.

Rice is another. Rice contains a type of gluten protein called oryzenin. Rice proteins, in general, have been linked to something called enterocolitis, meaning inflammation of the intestine. It's actually one of the more common causes of intestinal inflammation in industrialized countries. There are a number of reasons for this. One I think is because of the gluten-based protein, but two, many of your rice components have heavy toxic metals in them. Cadmium and arsenic are found in high levels of a lot of our rice products that are made for the gluten-free market.

A number of studies have shown that rice products predominantly made for the gluten-free market are commonly contaminated with these toxic heavy metals. They can also cause inflammation and other types of damage to your organs and tissues and so that can, again, lead to a manifestation of problems. If you just turn away from wheat, barley, and rye, but implement tons of rice in your diet, you might actually start becoming sick as a result of these heavy metal toxins.

Oats is another one oftentimes labeled as a gluten-free grain although, technically, it's not gluten-free. The type of gluten in oats is called avenin.

This is a really common one used in a lot of lotions and hygiene products as well. Be on the lookout for avenin, that term avenin in these different products that you might apply to your skin especially if you're struggling with a type of skin inflammatory disorder.

Something like eczema, psoriasis, or vitiligo because these are areas where we see that people tend to react to the gluten in skin-based products when they already have pre-existing skin inflammation. Again, oats have a gluten in them and additionally, studies have shown that oats are oftentimes cross-contaminated with wheat, barley, or rye glutes. Also, studies have shown that the avenin protein in oats actually can create an inflammatory reaction in those with gluten sensitivity. Multiple reasons why I would suggest that you look at oats with caution.

Again, if you're going to follow a TRUE gluten-free diet, get them out of your diet. Same thing with millet. Millet's another grain that's commonly considered to be gluten-free. As some research has shown, that it hasn't been well enough studied to actually be considered safe. Sorghum falls in the same category. As I mentioned earlier, a lot of your sorghum-based beers that are claiming to be gluten-free on the market many people buy, I don't recommend them. I don't recommend sorghum in your diet. It's just not one of those that is technically gluten-free.

The kafirin in sorghum hasn't been adequately studied. As we've learned from the history of studying other grains, generally speaking, grains for a gluten-sensitive individual is going to trigger that genetic inner relationship that leads to an inflammatory response. Just a quick crash course reminder if you haven't watched Module 1 on why we want to avoid the grains that are labeled gluten-free.

Now let's dive into dairy, one of the other gluten mimickers. Some research shows that the protein in dairy called casein can mimic gluten and create an inflammatory response. This goes back to how similar the two proteins are. Gluten and casein are extremely similar. A lot of autistic communities have evolved to a gluten-free diet, but then even one level above that, they've evolved to what's called a gluten-free casein-free diet. This has to do with that dairy cross-reacting and looking potentially like gluten to the body.

As many as 50% of those with celiac disease reacted to dairy casein proteins in research and I'll show you some of that here shortly. Then there's also processing of dairy foods that occurs that can interfere with the structure of dairy and make dairy a more reactive food. I'm going to put a diagram up on the screen for you. These are what I call the dairy dangers for the gluten-sensitive individual. You'll see as we go around this diagram, there are several different things that we want to be concerned with.

Number one, on the far right top of this diagram are the added gums, some of the gums that are added to dairy products. Now, generally with milk, you're not going to see gums being added. Where you'll see this is things like yogurt and ice cream and confections that are produced from dairy and even some of the cheeses, but one of the most dangerous gums for somebody with a gluten issue is carrageenan gum.

This type of gum is derived from a type of seaweed and it's used as a thickening agent in dairy products, and it's been shown in many research studies to cause gastrointestinal inflammation. Again, if you've cut gluten out of your diet to stop the gastrointestinal inflammation but you're bringing in this food gum that can also create gastrointestinal inflammation, you might be just trading one bad thing for another bad thing. Keep that in mind. Make sure you check any dairy products for different food-based gums.

There's a number of different kinds. We've actually got a really long article on the different gums and the safety profile or the danger profile of them.

You can check that out at [glutenfreesociety.org](http://glutenfreesociety.org). There's also added hormones. A number of your dairy products are recombinant bovine growth hormone, the way the



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animals are fed. This can actually change the chemical composition of the milk, making the milk not necessarily gluten, but not healthy for you.

Remember, when we feed a cow predominantly grain in their diet as I've mentioned before, we don't know, nobody's really researched this. It's actually on my slate to research is when you feed cows grain, does that gluten show up in the dairy of the animal? We know it does for humans. When humans eat gluten, it shows up in their breast milk. We don't know that about cows. It's just not something that's been researched at this point, but it is a point of caution.

I would say, proceed with dairy with extreme caution. If you're going to use any dairy at all, I would recommend that it's grass-fed dairy versus your commercial feed lot type of mass scale dairy production milk products. Then we have what's known as molecular mimicry of gluten. This is what I was referring to the casein in molecule for many has crossed over with gluten. Again, 50% of celiac patients are known to react to the casein in dairy, and so you may be one of those. That makes dairy a potentially bad choice because of its gluten mimicking capability.

There's also a protein in dairy called BCM-7, that stands for beta-casomorphin-7. It was actually discovered by researchers in New Zealand where the children of the native peoples of New Zealand were developing Type 1 diabetes at record rates. The only reason they could ascertain as to why that was happening was because they were feeding these children a lot of dairy, which wasn't part of their diet before. It was dairy coming in from these again, industrialized cows that produced a specialized type of casein called BCM-7, which is a protein that induces autoimmune disease.

Look, this is the type of dairy that most of our dairy farmers use in the United States. As a matter of fact, in New Zealand, they've started to convert their herds of dairy cattle to what are called A2 producing dairy. A2 is the genetic of the cow. There's A1 cows, and there's A2 cows. A1 cows produce BCM-7 as a protein in their milk, and we know that protein can induce autoimmune disease.

Look, we know gluten can induce autoimmune disease. It doesn't do you a lot of good to get rid of gluten and then continue to use a dairy product. It can continue to perpetuate a pre-existing autoimmunity. If you're going to do dairy, again, you've got to be aware that A1 dairy has that BCM-7 protein. If you're going to use dairy at all, it needs to be grass-fed A2 genetic cows. That would be the cream of the crop if you will, if you're going to choose dairy, and that's if you're not allergic to it or if you're not reacting to the casein as a gluten mimicry component.

Again, most of the people in my experience going on a gluten-free diet, struggle until they take the dairy out of their diet. I would just share my experience with you so that you could have that to make a better choice for yourself. Then there's also something that happens in gluten sensitivity. Remember, gluten damages the GI tract. As it damages the GI tract, it also damages your ability to produce an enzyme called lactase. Now, lactase is the name of the enzyme that breaks down lactose, which is the sugar that's found in dairy.

Years of gluten-induced intestinal damage actually makes people gluten or rather makes people dairy intolerant, lactose intolerant. If you're using a lot of dairy, but your gut is damaged and doesn't produce adequate lactose or rather lactase, you might find that using dairy creates a lot of gas, bloating, irritable bowel-like syndrome problems for you. Again, just one other reason why dairy can be problematic for those with gluten or have a history of gluten sensitivity.

Then there's one last one and that's meat glue. I've mentioned meat glue several times, but meat glue is used as a thickening agent in a lot of dairy products. Researchers are showing that when you add this particular bacterial enzyme to process food with, then it changes the nature of the proteins in that food. It can make them more resemble gluten creating the potentiation of inflammation and leading to or contributing to autoimmune disease. Those are really the top six reasons why you should look at dairy as a potential problematic food.

Again, dairy is one of those gluten mimickers. Now, I'm going to put a research study up on the screen for you here as well. You see in this study, mucosal reactivity to cow's milk, protein, and celiac disease. Here's what the researchers found. 10 of the 20 patients showed a similarly strong inflammatory reaction to cow's milk challenge.

Six of the cow's milk-sensitive patients were challenged with specific cow milk proteins, specifically casein and something called alpha lacto or lactalbumin. Then, casein, in contrast to alpha-lactalbumin, induced an inflammatory response similar to that produced by cow's milk. Mucosal inflammatory response similar to that elicited by gluten was produced by cows milk protein in about 50% of the patients with celiac disease. Casein, in particular, seems to be involved in this reaction.

Again, this is not a study done on massive quantities of people, but it just showed again, out of the 20 people in this study group, 10 of them were reacting to casein in the same way they were reacting to gluten. Just something to be aware of, right? Then we have this study that also came out on the serum, it was called serum immunoglobulin, a response to patients with celiac disease. What that means is there's a protein that we all make in our mucosal linings called IgA.

Secretory IgA, it's our first line of immune defense. This protein is very critical. It acts for our immune system like handcuffs. It binds on the bad guys so that we can poop them out or excrete them out through our mucus. We make IgA in our nasal cavity. We make it in our gut from our mouth to our anus. We make it in our lungs. We make IgA in a lot of different locations, but again, it's a protein antibody that will bind on to potential toxins and help the body get rid of them.

What was found in this research study is that people consuming dairy were actually producing an IgA response to that dairy similar to what is produced with gluten sensitivity. Again, the study confirms that bovine milk, cow's milk intolerance or sensitivity is not an uncommon thing in people with a history of gluten sensitivity or celiac disease.

Let's next break down coffee on the list. We talked already enough, I think we've talked plenty in this series about meat glue. I want to talk a little bit about coffee and

its capacity for gluten mimicry. Now, let's just be clear. I'm not trying to take away your coffee. Many of you maybe that coffee cup in the morning is like your spot of joy in the day. This is not me saying that you can't have coffee. Just calm down and listen to what I have to say here.

Coffee is technically gluten-free. There is no gluten in coffee. Now, you can have instant coffee mixes that are mixed, where gluten is mixed in. Okay, but that's not the same thing. Whole bean coffee is gluten-free, your instant coffees oftentimes can contain gluten based ingredients. If you're using an instant coffee, you got to be super careful, make sure you know the ingredients of that product so that you don't potentially get hidden gluten in that product.

Again, processed coffees and instant coffees can be cross-contaminated or contain grain elements for flavor enhancement. There have been some studies done, actually, Dr. Aristo Vojdani did a study on whether or not coffee created a mimicry effect with gluten, and he didn't find that to be the case. In essence, he didn't find that coffee stimulated what's known as a cross-reactivity with gluten. Coffee doesn't necessarily mimic gluten to any large degree, but there are some concerns with coffee. A lot of people struggle to heal when they're heavy coffee consumers.

Who are those people who should be concerned about coffee consumption? There's a list and I'll put that up on the screen for you here. Those with rheumatoid arthritis, Type 1 diabetes, Hashimoto's hypothyroid, and those with pre-existing gastrointestinal inflammation. Let me give you some examples of what I mean by pre-existing GI inflammation.

Barrett's esophagitis, chronic acid reflux, if you've got a history of peptic ulcers, or if you've got a history of celiac disease as well as Crohn's ulcerative colitis or microscopic colitis, those are all your inflammatory gastrointestinal diseases. If you have inflammation in your gut and you have a disease as a result of that inflammation, if you have Type 1 diabetes, rheumatoid arthritis, or Hashimoto's, pay very close attention to what I'm about to tell you.

I'm going to put a research study up on the screen for you because this study was published in Autoimmune Review in 2017, and so here's what they found. "Coffee consumption seems to increase the risk of developing rheumatoid arthritis and Type 1 diabetes." They go on to say that coffee intake led to a decrease in insulin sensitivity in Type 1 diabetics, meaning it basically interrupted or interfered with how sensitive your insulin would work. This is why if you have Type 1 diabetes, you got to be really careful.

It also reduced the efficiency of methotrexate in rheumatoid arthritis. If you're taking the drug methotrexate to treat your rheumatoid arthritis, you should know that the coffee itself led to a reduction in the methotrexate working as effectively. It also led to a reduction in thyroid medication working as effectively. If you're, again, with low thyroid and you're taking levothyroxine as a medication, know that coffee can interfere with the ability for that drug to function properly and it might make your condition worse.

You just need to be aware that coffee consumption was associated with, in this study, an enhanced development of rheumatoid arthritis in Type 1 diabetes. It was associated with a reduction in the sensitivity of medicines for Type 1 diabetes and thyroid disease. Now, these researchers did find coffee consumption associated with cross-reactivity with gliadin antibodies in celiac patients. Whereas I showed you a study a moment ago that they didn't really find that correlation, this particular research study found that there was a correlation between coffee and gluten cross-reacting with each other.

Again, a little bit of a mixed result there, but I share with you both of those because again, I'm not telling you that everybody that has gluten sensitivity needs to never have coffee, I'm just simply saying that you may still be struggling even though you're gluten-free and you're a big coffee drinker, and that may be one of the reasons why. You've got to look at it from an individualized perspective. You also have to remember that quantity matters and the additives that you put in your coffee matters.

Remember, coffee by itself can promote reflux for many people, that caffeine can be a gastric irritant for many people. The more you drink, the more caffeine you're exposed to, the more of an irritant it can be. Again, if you've got pre-existing gastro inflammation, that in and of itself, that caffeine just might hyper irritate an already irritated lining. Most people use coffee as a dairy or a sugar delivery system.

A lot of people don't take coffee black, they take it with all these other things. If you're that person, you have to remember that what you put in your coffee matters too, as we just got done discussing dairy as a gluten mimic. Dairy, and then there's also the non-dairy creamers, which most of those they're made from hydrogenated oils that are highly inflammatory and very unsafe. Many of them have added corn syrup and that can be an issue as well. Many of them have GMO, natural flavors, and other synthetic compounds that are added again, as flavor enhancing agents.

You've got to be real careful, a lot of your other non-dairy creamers, your almond milks, and your other nut milks, and things of that nature, a lot of those will oftentimes have carrageenan gum or inflammatory gums in them as well. Again, just a word of caution, if you're using coffee, step one is, if you suspect the coffee, obviously, you want to remove it. Maybe you don't suspect the coffee, maybe you suspect what you're putting in the coffee, so remove the creamer, tank the coffee if you're still being bothered, and now you have an answer. It just very well may be the coffee.

You can see here in this study, published in the *Scandinavian Journal of Gastroenterology*, it's demonstrated that coffee promotes gastroesophageal reflux and that's the conclusion of the research study. We've got a known parameter around coffee that for many people it causes reflux. Remember, gluten sensitivity causes reflux. If you're going gluten-free to end your reflux, and it's not ending, but you're a heavy coffee drinker, you've got to look at coffee as a potential gluten mimicker and get it out of your diet.

Now, I'm going to put up another slide for you here on the impairment of gastroduodenal mucosal barrier by coffee. Basically, in this research study published in 2014, you see the results indicate that coffee may damage the mucosa of your GI tract, right? Your gastroduodenal mucosa, if you're a habitual coffee drinker. If you're a heavy coffee drinker or a habitual coffee drinker, it is possible that coffee itself is damaging the mucosal lining of your GI tract.

What happens when you damage the mucosal lining of your GI tract? Well, I'll tell you what happens, leaky gut happens. Remember what leaky gut causes? Leaky gut is one of the precursors, the primary origins of the development of autoimmune disease which many of the diseases caused by gluten exposure or what? They're autoimmune diseases. Why does gluten cause autoimmune disease? Well, because it causes leaky gut.

Well, again, what this research study is saying is that coffee can lead to a degradation of the mucosal lining in the GI tract, especially in heavy level coffee drinkers, thus contributing to a leaky gut phenomenon and subsequently, potentially increasing the risk for an autoimmune process. Why coffee can be a problem? Let's kind of wrap it up here. Instant coffees can contain gluten. Not all of them, but many of your instant mixes can be cross-contaminated, not even necessarily cross-contaminated, but have hidden gluten in them.

Many coffees also contain mold toxins. Now, it's important for you to understand that mycotoxins or mold toxins can mimic gluten related symptoms as well. Mold exposure can actually mimic a lot of the symptoms of gluten. Now most people don't eat mold. It's more environmental mold where we see this be an issue, but coffee as a food supply source contains a lot of mycotoxins. You got to be real careful. Well, that may be one of the reasons why coffee is contributing to your illness as well.

Coffee also contains high levels of pesticides. It's one of the most heavily loaded foods in terms of pesticide usage. Those pesticides, remember what they can do. Pesticides, basically, they're antibiotics. They can destroy healthy gut flora, reduce your flora, your microbiome and basically predispose you to diseases and disease associations that are the result of, as a consequence of that.

Then we have caffeine in the coffee, it can be a problem for those with pre-existing inflammation, but caffeine can also be a problem for those with adrenal insufficiency. Many of you have gone gluten free, you already have adrenal fatigue or adrenal burnout, and the caffeine itself can continue to overstimulate the adrenal glands, making it harder for your recovery.

Coffee can be a problem for a lot of different reasons. Sometimes it mimics gluten according to some research, sometimes it doesn't, but there are a lot of other reasons why coffee can be a problem, and you just want to consider it because it might be one of the things holding you back. Bottom line on coffee is this, coffee is gluten-free. If we're talking about organic whole bean coffee.

Many brands of instant coffees are cross-contaminated with gluten. What you put in your coffee does make a difference. The fillers, whatever you're using, dairy, non-

dairy, whatever that is. Some people's immune systems treat coffee like gluten, so there may be some molecular mimicry going on there, and too much coffee can damage the gut. As with all things, if you're drinking coffee, the first step is make sure you're doing it in moderation.

I once asked a woman, she came to me, she says, "I only drink one cup of coffee a day." I said, "How big is the cup?" She said, "Oh, you know those big stop and go mugs? The ones that are free refills, 72 ounces." I said, "That's not a cup. A cup is six ounces generally speaking." She was drinking 72 ounces a day, that's the equivalent of almost 14 cups of coffee, and there was no wonder she had severe gastric reflux that wouldn't go away. Again, size matters, quantity matters as it relates to coffee as well.

If you keep it reasonable, you might be able to keep that coffee in your diet, but again, many of you might be reacting to it. Let's talk next about sugar. Does sugar mimic gluten? The simple answer is no. Sugar does not mimic gluten in the way that we think. Components of sugar don't look like gluten to your immune system and create the same reaction, but here's what sugar does. Sugar creates an environment that promotes the growth of a type of yeast that's a natural inhabitant of all humans called Candida, Candida albicans to be specific.

Candida is an opportunistic yeast, and here's what that means. A lot of people tell you, Candida is bad and evil. Now, it's not bad or evil any more than certain kinds of bacteria are bad or evil. It's not about it being bad or evil. It's about quantity. When you have what's known as a yeast overgrowth, it's the candida that's growing inside of you has reached a level where it starts to become a problem, but everybody has some level of candida growing inside of them.

What sugar does is it feeds that small level of candida, so that it's easier for that candida to replicate and grow more colonies or populations of more candida. It can create an out of control scenario. Basically, it elevates candida. Now, here's why that mimics gluten. Let's talk about that. Candida produces a protein called a hyphal wall protein. Imagine Candida is a single celled organism. On the surface of that candida, there's a little finger like projection protein that it uses to grab on and hold on to things. It's called a hyphal wall protein or an HWP.

Now, researchers have found that hyphal wall proteins mimic gluten. When you have an overabundance or a yeast overgrowth with all these extra hyphal wall proteins, your body can start to turn in on that candida and it can start to look at it and think, "Oh gosh, we're getting exposure to gluten." Now, your body is behaving as if you're being glutened consistently. Again, sugar doesn't mimic gluten, but sugar can cause yeast overgrowth, and yeast overgrowth produces excessive quantities of a protein that actually does mimic gluten.

Remember, I'm going to put up an image up for you to help you visualize this a little bit better. There's those with genetic susceptibility to gluten sensitivity. We've talked a lot about the genetics of gluten. Those individuals, it's a very common thing to get prescribed an antibiotic. It's also a very common thing for people to overconsume sugar. You take that person with gluten sensitivity, genetics, they are eating sugar on

a regular basis. Now you give him an antibiotic, the antibiotic knocks out their healthy gut flora.

I remember one of the most common side effects of an antibiotic is yeast overgrowth, candida overgrowth. The antibiotic creates a yeast overgrowth. The sugar in the diet feeds that yeast overgrowth, that yeast produces a protein that mimics gluten and now your body's immune system-- Remember, 70% of your immune system is in your gut lining. Now, your body's immune system is firing weapons at this hyphal wall protein from yeast, and you're getting this intestinal and then subsequently, leaky gut and systemic inflammation that occurs.

Research has actually confirmed that this happens. I'm going to put a study up. This was published in 2003 in the journal Lancet, you can see here, "Is candida albicans a trigger in the onset of celiac disease?" Again, here's what they're saying. "We postulate that candida albicans is a trigger in the onset of celiac disease. The virulence factor of candida albicans hyphal wall protein or HWP," as we've been talking about, "contains amino acid sequences that are identical or highly homologous to known celiac related alpha gliadin and gamma gliadin T-cell epitopes."

Meaning that, basically, what all that fancy wording means is that yeast produces a protein that has amino acid sequences that are identical to gluten. The people with gluten sensitivity that have these yeast overgrowths are basically being glutened and it leads to the development or contributes to the development of gastrointestinal damage that is the hallmark of celiac disease.

Again, this study confirms it, and then we have another study here published in 2015. You see here, "Humoral immunity links candida albicans infection in celiac disease. This study was looking at the protein, the hyphal wall protein expressed on the pathogenic phase of candida albicans presents sequence analogy with the gluten protein gliadin. Again, just another study confirming that this protein produced by candida mimics gluten, and that this leads to the potentiation of triggering gluten related disorders in these individuals with yeast overgrowth.

Important to know, if we're looking at gluten mimickers, again, kind of recapping what we talked about in this module. We know that grains that are considered or labeled gluten free can be a problem. That's part of why we developed a gluten free society, the TRUE gluten-free diet. Again, go back and watch Module 1. We know gluten-free grains are gluten mimickers. We know that pseudo grains are gluten mimickers.

Dairy as a group can be a gluten mimicker. Meat glue can be a gluten mimicker. Coffee can be a gluten mimicker. Sugar, not necessarily because of the sugar, but because what it leads to, which is yeast overgrowth can also trigger a mimicry of gluten exposure leading to the symptoms or the disease states associated with gluten sensitivity.

I want you to stay tuned because in the next module, Module 9-- If you've gone gluten-free but you're continuing to struggle, we're going to be talking about the next steps you need to take, some troubleshooting that you can do at home by yourself or



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with your doctor in order to help you overcome those plateaus in your healing. Stay with me, we'll see you in Module 9.

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