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Modern day wheat is mostly a monoclonal hybrid that does not have the genetic variety found in Majestic Wheat. Grain-fed cows don't just produce inferior gluten fed meat. They're also pumped full of hormones and antibiotics.

As we eat more and more of this mono-clone "improved protein content" wheat, other grains and MSG the effects on the human body are accumulating and we become more and more sensitive and intolerant to gluten. **Gluten is hydrolyzed (boiled in HCL) to make glutamate isolate. The HCL is neutralized with sodium making MSG.**

Wheat, and some other grains that contain a protein called gluten, are rich in glutamine and proline. Proteins in these grains and their related peptides can damage the intestines - as in the case of Celiac disease - by stimulating the natural transglutaminase enzymes. These gluten proteins and consequent enzyme peptides cut and damage the sensitive villi in the intestines. When the villi are damaged or destroyed, this thrusts unprepared foods and metabolites directly into the bloodstream, causing both immune system and increased insulin responses. Allergies and sensitivities.

Aretaeus of Cappadocia, living in about A.D 250, described a disease he labeled "koiliakos" or "suffering in the bowels". Cured it with rice diet.

Dutch pediatrician named Willem Karel Dicke documented a significant drop in child mortality that coincided with a bread and wheat shortage during WW II. Child mortality rates dropped from above 35% to nearly 0 only to return to the previous figures when bread and wheat again became available.

A review in the New England Journal of Medicine listed fifty-five diseases that can be caused by eating gluten! Many of the diseases are neurological and psychiatric. Among them are depression, schizophrenia, epilepsy, migraines, neuropathy, anxiety, dementia, ADHD and autism.

Here are the three ways gluten can harm the brain: through inflammation, gluten can inflame the brain and other body tissues by causing an autoimmune response. Inflammation generates C reactive proteins which rise in response to inflammation. HDL levels go up. Statin drugs are pushed. As an excitotoxin (agitates and kills cells), gluten and glutamate (think MSG), accelerates, activates, irritates and damages brain cells through a special "docking station" called the NMDA receptor. Also, N Methyl D Aspartate receptors cause spinal cord neurons to become hyper to touch. Fibro Myalgia. As morphine or psychedelic proteins, gluten can be broken down into strange proteins that are a lot like psychedelic drugs. These are opium-like proteins called gluteomorphins.

Cancer: Sugar cannot fuel cancer cells by itself. Gluten and the amino acid glutamine have been studied and found to play a critical role in the cancer process.

Obesity: Gluten interferes with healthy fat cells which are little metabolic factories. When things are running smoothly, your fat cells produce leptin. This messenger sends out two signals: One, it tells your brain you're full. That shuts down your hunger. Two, it tells the fat inside your cells to breakdown into a kind of fat that can be burned as energy. Gluten interferes with leptin.

University of California put people on a "Paleolithic" diet, their blood pressure dropped like a stone. So did blood insulin levels. HDL (good) cholesterol went up. And they experienced "large significant reductions" in LDL (bad) cholesterol, total cholesterol and triglycerides. And this all happened in just 10 days!

A 2006 study mentioned in the Journal of Attention Disorders took 131 children with ADHD and removed gluten from their diets and all 131 children were reported to have significant improvements.

Allergy vs sensitivity