GLUTEN & DAIRY: TO EAT OR NOT TO EAT?

Lori Bryant, FNTP

GLUTEN

Issues associated with gluten

- Driver of leaky gut
- Skin, allergies, gut symptoms, brain symptoms
- Gut-brain axis inflammatory conditions
- Systemic inflammation
- Autoimmune conditions

Is it the gluten, or is it modern wheat?

- Refined, stripped of fiber and nutrients
- Heavily treated with pesticides
- Higher gluten

Issues with GF foods

- Assumed healthy – what else is in them?
- Almonds & glyphosate
- Carb load, too much starch, too little fiber, lack of nutrients
- Relationship with food

Traditional preparations and grains

- Sourdough
- Sprouting
- Einkorn, emmer, kamut, spelt

DAIRY

Casein A1/A2

- Humans A2
- Cows used to be A2 until mutation a couple thousand years ago, majority of American dairy cows are A1 now
- Goat & Sheep Milk

Raw vs. Pasteurization

- Enzymes that help us to digest milk destroyed in pasteurization process
- Destroys nutrients
    - 66% loss of A, D & E; 50% loss of C; B6, B12 destroyed, other water soluble vitamins diminished 38-80%

Homogenization

- Breaks particles up so small that they more easily pass through the lining of the intestines into the blood stream, contributing to dairy sensitivity, immune response and associated conditions
- Oxidation occurs, linked to heart disease

Grass-fed vs. Conventional

- More vitamins, less chances of sick cows
- Conventional feed – pesticides, GMO, grain, slaughterhouse wastes and more
- Antibiotics, hormones
- Animal welfare – conventional lives inside in confinement on concrete floor
- Conventional average lifespan 42 months vs. 12 to 15 years pasture raised
- Environmental impact of waste

Whole (full-fat)

- Tastes better
- More satiating (fat triggers hormone leptin which tells our brain we are full)
- Fat needed to absorb fat soluble vitamins A, D, E, K

Conditions linked to dairy

- Acne
- Eczema
- Asthma
- Autoimmune diseases
- Digestive dysfunction (gas, bloating, pain, etc.)

Avoid -> Better -> Best

- Best would be raw dairy from grass-fed A2 cows, or sheep or goats, cultured dairy products even better
- Better would be full fat whole milk from grass-fed/pasture raised cows, A2 if you can find it, low-heat pasteurized, non-homogenized, and cultured dairy products are better on these
- Avoid dairy from conventionally raised cows, reduced fat, high-heat pasteurized, homogenized

Most to Least Tolerated Dairy

- Some people may be able to have higher up on the list and be ok, but have problems digesting further down the list
- Ghee (milk protein removed)
- Grass-fed butter
- Cultured (fermented) dairy products – cheese, cottage cheese, sour crea, cottage cheese
- Heavy cream
- Half and half
- Milk and ice cream generally least tolerated
- Supplementing with Lactobacillus acidophilus may help those who specifically struggle with digesting lactose (milk sugar)

FOOD SENSITIVITIES

- Elimination diets
    - If you've never tried it before, it may be helpful to try eliminating dairy and gluten containing grains because so many people are reactive to
    - Note that gluten may be in the system for up to 6 months
    - For most people, a 30 day elimination diet will tell them if they are on the right track or not. Symptoms may be reduced, but not fully eliminated for some and some may want to continue on longer.
- Pulse test
- MRT Test
- Eliminate sensitive foods for a time to give the body a chance to heal and forget, then reintroduce
- Focus on healing the gut during healing period and maintaining gut health all the time

FOOD SENSITIVITY TEST

Step 1: Elimination

DAY 1-14

Do not eat the suspected allergic foods for 14 days. Be sure to eliminate it in all forms from your diet. Read labels of prepared or packaged foods. You may get mild to moderate withdrawal symptoms. If symptoms become severe, call and schedule an appointment. Exercise, water with lemon, hot baths, and buffered Vitamin C can alleviate withdrawal symptoms. Buffered Vitamin C includes calcium, magnesium, and potassium and is taken to bowel tolerance-stop or decrease dose if loose stools develop.

As you eliminate suspected foods, note which health symptoms improve. As you improve, this may be the only test you need- just eliminate the foods that were causing your symptoms.

However, if you are uncertain whether a food is causing reactions, perform the following food challenge.

Step 2: Challenge

DAY 15

Eat a lot of only one of the suspected allergic foods with each meal. If you get unpleasant reactions, stop eating that food. Your challenge test is positive and continuing to eat that food will affect your health.

DAY 16, 17 & 18

Do not eat any of the suspected allergic foods. Continue to note any symptoms that can arise from delayed allergic reactions.

Step 3: Repeat Challenge

Perform a repeat elimination and challenge test with the next suspected allergic food.

Tip 1: Eating a healthy diet while performing your tests will help keep your mood and blood sugars stable during the withdrawal period.

Tip 2: Obtain a healthy selection of foods before starting your tests and eat a breakfast with quality protein and plenty of healthy fats that you are not allergic to for breakfast each day.

If you are still having strong reactions on Day 18, wait to challenge the next food until all of your symptoms have subsided. It sometimes takes 2 weeks to clear the reactions from a food. That's why it is best to totally avoid the suspected allergic foods for the full 14 days.

THE PULSE TEST

PURPOSE

A simple 2 ½ minute self-test to determine if a particular food or supplement causes a stressful reaction. Note: This test may not be valid if you are taking a drug that controls your heart rate, such as a calcium-channel blocker or a beta-blocker.

PROCEDURE

1. Sit down, take a deep breath, and relax.
2. Establish your baseline pulse by counting your heart beat for one full minute and record your pulse in the "Before" space in the Pulse Test Record below.
3. Put a sample of a food or supplement to evaluate in your mouth (on your tongue). You may chew but refrain from swallowing. You do need to taste it for approximately 30 seconds. Note: The sensory information taste signals from your mouth will inform your central nervous system (brain) as to the nature of the test substance. If the test substance (food or supplement) is stressful to the body, you will have a brief reaction that causes your heart to beat faster. Test only one food at a time. Testing individual ingredients will yield specific information, compared with testing foods containing multiple ingredients. Testing a banana, for example, yields more specific, and therefore more valuable, information than testing banana bread.
4. Retake your pulse with the food or supplement still in your mouth. Write down your "After" pulse on the Pulse Test Record. Note: An increase of 6 or more is considered the result of a stressful reaction. The greater the degree of stressfulness or reactivity, the higher the heart rate will be.
5. Discard the tested ingredient (do not swallow) and repeat the procedure to test other foods or supplements. Repeat the procedure as frequently as you like, as long as you always return to your normal pulse before testing the next food. Note: If a reaction occurred, rinse your mouth out with some purified water and spit the water out. Wait two minutes, then you can retest your pulse to see if it has returned to its baseline. If it hasn't, wait a couple more minutes and retest. Continue to retest until you have returned to your normal pulse. Once your pulse has returned to its normal rate, you can test the next food.
6. Make an appointment to go over the results of this test as soon as possible or bring this record with you to your next appointment.

PULSE TEST RECORD

Food	Pulse (Before/After)	Difference

THE PULSE TEST

Food	Pulse (Before/After)	Difference

ADDRESSING INTESTINAL PERMEABILITY

When intestinal permeability is suspected, it can be addressed it by following the 4 R's*:

Remove all stressors, including all suspected food sensitivities, inflammatory foods (sugar, caffeine, alcohol, grains), toxins (inside and outside the body), and pathogens (follow a dysbiosis or parasite protocol in partnership with another practitioner if indicated).

Replace digestive factors that are lacking or insufficient, e.g. enzymes and HCl, and/or nutrients that support HCl production like zinc, bitters, and raw apple cider vinegar.

Re-inoculate desirable bacteria that will establish microflora balance. Choose both fermented foods and capsules to ensure a broad range of strains. Additionally, supplementing with prebiotics helps support a more robust replenishment process.

Repair intestinal cell wall structure and function with specific nutritional support.

- Mucosal soothing: DG licorice (also a really helpful adaptogenic herb in the case of mood-related gut health issues), marshmallow root, slippery elm, aloe vera
- Antioxidant support: Vitamin C, E, beta carotene; minerals zinc and manganese; amino acids cysteine, N-acetylcysteine, and glutamine; glutathione; gamma oryzanol
- Tissue repair: collagen/gelatin from bone broth or supplement, vitamin B5, L-glutamine, vitamin A, calcium and magnesium, quercetin
- Immune support: butyric acid, EPA and GLA, wide range of probiotics

*The 4 R's are printed in Clinical Nutrition: A Functional Approach by Jeffrey Bland PhD, et al., which has been restated here with modifications to provide additional info/recommendations.