



# GLUTEN FREE SOCIETY

Presents...

Gluten Free Society

Educating Patients and Doctors About Gluten

# GOING GLUTEN FREE

Regaining Your Health Again...

“One cannot achieve, obtain, or maintain good health by eating unhealthy foods.”

- Dr. Peter Osborne -



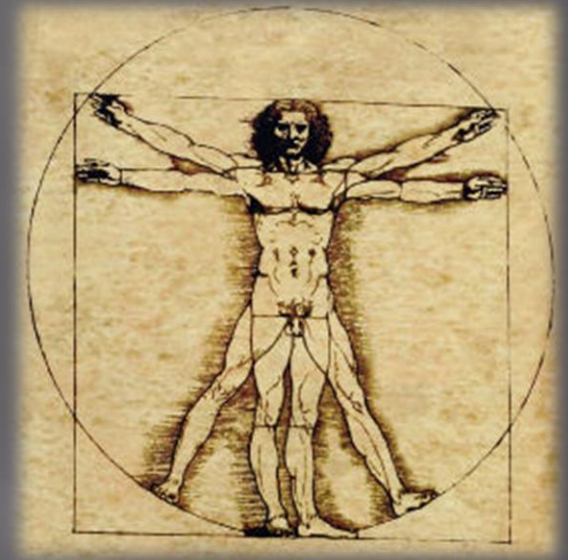
On the treatment of disease...

“The nail in you driveway once removed  
does not repair the flat tire.”

- Dr. Peter Osborne -

# HEALTH

A state of complete physical, mental, and social well-being and NOT merely the absence of disease and infirmity.



Dorland's Illustrated Medical Dictionary 25<sup>th</sup> edition. P. 683, W.B. Saunders Co., Philadelphia, 1974.

# What Governs Our Health?

- Genetics
  - 30%
- Environment
  - 70%

\*Genes are similar to light switches in that they can be turned off and on (they are either active or inactive).

# Environment Vs Genetics



## ➤ Genes:

- Are hard wired and cannot be changed
- Genetic function is influenced by environment

## ➤ Environment:

- i.e. food choices, sleep habits, exercise, air quality, social surroundings, stress, etc.
- Is in constant flux
- Can to a large degree be dictated by you!

# Our Cells

Each of the 100 trillion cells in the human being is a living structure that can survive indefinitely and, in most instances can even reproduce itself, provided it's surrounding fluids contain appropriate nutrients.

Guyton, A. Textbook of Medical Physiology 9<sup>th</sup> edition. P. 11, W.B. Saunders Co., Philadelphia, 1996.

# WHY DO WE EAT?

- Energy
- To promote normal tissue repair, growth, and balance.
- Maintain nourishment and Homeodynamics

For the healthy function of the body!

# Food Choice

One of the most profound and under recognized aspects of the cause of disease and poor health.

- We have the freedom to choose,
- We have the intelligence to choose wisely,

However,

- We allow social pressure to cloud our thinking.
- We have the ability to justify bad choices,
- We have the ability to permit bad behavior until Monday.

# Healthy Alternative?

- Why is it that when people learn that a food is unhealthy, they immediately seek out an unhealthy processed alternative to replace it with?
  - Sugar – Nutrasweet, Sweet-n-low, Splenda
  - Meat – Veggie hot dogs, tofu burgers
  - Butter – Margarine
  - Soda – Diet Soda
- Are gluten free food alternatives different?

# Why are you going gluten free?

- For those diagnosed with gluten sensitivity, going gluten free is a necessity to achieve and maintain health...
- That being the case, why do so many choose unhealthy foods?
- Processed “Gluten free food” is a billion dollar industry.
- That being said, is “gluten free” processed food good for you... is it True gluten free?

## The Prolamine Fraction of Proteins in Grains

Grain	Prolamine	% Total Protein
Wheat	Gliadin	69
Corn	Zien	55
Barley	Hordein	46-52
Rye	Secalinin	30-50
Sorghum	Kafirin	52
Millet	Panicin	40
Oats	Avenin	16
Rice	Orzenin	5

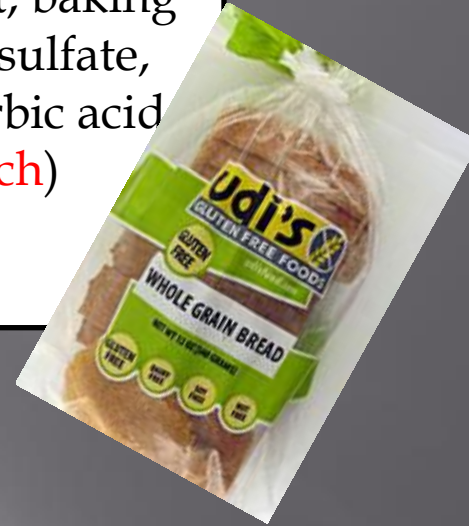
# The Following Processed Items were Elisa tested positive for gluten contamination:

- Gluten free beer
- Gluten free pizza
- Packaged amaranth labeled gluten free
- Cornmeal marked gluten free
- Rice Pasta (labeled gluten free)
- Ranch dressing
- Buckwheat flour
- Soy flour
- gluten-free arrowroot cookies
- gluten free chocolate cake mix
- gluten free pancake mix

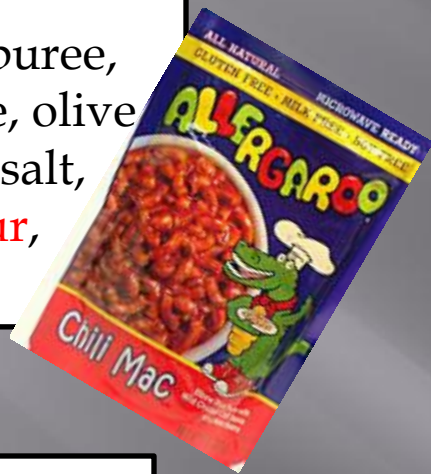


Ingredients: water, tapioca starch, **brown rice flour**, potato starch, canola oil, egg whites, sugar, teff flour, flax seed meal, yeast, xanthan gum, apple cider vinegar, salt, baking powder (sodium bicarbonate, **cornstarch**, calcium sulfate, monocalcium phosphate), cultured dextrose, ascorbic acid (ascorbic acid, microcrystalline cellulose, **corn starch**) enzymes.

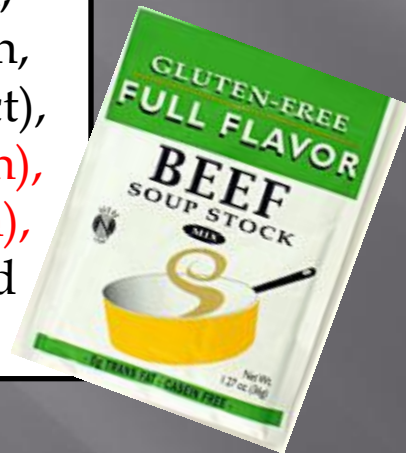
Contains: Eggs



Ingredients: Water, tomato paste, **rice pasta (white rice flour and water)**, pinto beans, **non-gmo corn maltodextrin**, onion puree, evaporated cane juice, olive oil, chili powder, sea salt, spices, **sweet rice flour**, garlic powder.



Ingredients: Beef Flavor (hydrolyzed soy protein, **malto-dextrin**, beef broth, beef extract, yeast extract), **malto-dextrin (from corn)**, salt, **dextrose (from corn)**, dried onion, caramelized sugar, spices.



<b>Calories</b>	140	Calories from Fat	50
<b>% Daily Value*</b>			
<b>Total Fat</b>	6g		<b>9%</b>
Saturated Fat	0g		<b>0%</b>
Trans Fat	0g		
<b>Cholesterol</b>	0mg		<b>0%</b>
<b>Sodium</b>	85mg		<b>4%</b>
<b>Total Carbohydrate</b>	21g		<b>7%</b>
Dietary Fiber	1g		<b>4%</b>
Sugars	12g		
<b>Protein</b>	2g		
Vitamin A	0%	•	Vitamin C 0%
Calcium	2%	•	Iron 4%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat, Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
<b>Calories per gram:</b>			
<b>Fat 9 • Carbohydrate 4 • Protein 4</b>			

**Ingredients:** Gluten-free flour (corn flour, soy flour, potato flour, rice flour, corn starch, potato starch, xanthan gum), organic dehydrated cane juice, canola oil, un sulphured molasses, ginger, soy lecithin (used as an emulsifier), eggs, baking soda, sea salt, natural flavor. Contains egg, soy.

**Allergy Warning:** Produced in a facility that also processes or handles wheat, milk, peanuts and tree nuts. MI-DEL Gluten-Free products are routinely tested using the ELISA method to ensure gluten-free status as determined by the World Health Organization.



Ingredients: **Corn starch**, potato starch, soy flour, palm oil, **rice flour**, sugar, salt, yeast.  
May contain egg, milk and tree nuts.

Ingredients: Peas (golden brown), Vegetable Oil (canola oil), Icing Sugar (**contains corn starch**), Hydrogenated Vegetable oil, To Prevent Oil Separation (blend of rapeseed canola and cottonseed oils), Monoglycerides from Vegetable Oil.



## NUTRITION FACTS

Serving Size 8 crackers (50g)

Servings per container 6

Amount per serving

Calories 240 Calories from fat 100  
%DV

Total Fat 11g - 17%

Saturated Fat 5g - 25%

Trans Fat 0g

Cholesterol 0mg - 0%

Sodium 330mg - 14%

Total Carb 29g - 10%

Dietary Fiber 2g - 8%

Sugars 1.5g

Protein 5g

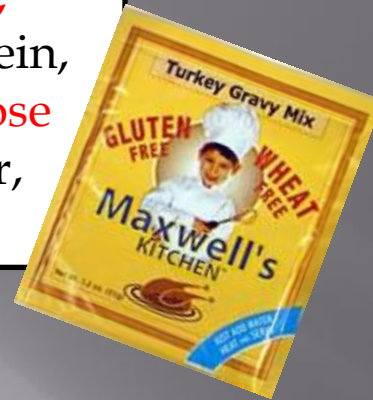
Vitamin A 0%

Vitamin C 0%

Calcium 0%

Iron 0%

Ingredients: **Modified corn starch** and **rice flour**, **maltodextrin (from corn)**, turkey flavor hydrolyzed corn protein, yeast extract, cooked turkey), **dextrose (From corn)**, salt, caramelized sugar, onion powder, spices.



Ingredients: Water, **corn starch**, **rice flour**, palm oil, sugar, guar gum, hydroxypropyl methylcellulose, lupine protein, yeast, salt, psyllium seed husk powder (vegetable fiber), diacetyltartaric acid esters of mono- and diglycerides of edible fats.

\*May contain EGG & SOY



# To regain your health – You must start with the right food...

- Food should be real:
  - Non-GMO
  - Organic
  - Hormone and steroid free
  - Chemical free
  - Minimally processed or not processed at all
  - Appropriately raised and cared for
  - Low in calories and high in nutrient density



# You Must Invest Time Educating Yourself

- Common Food Myths:
  - Meat is bad for you
  - Fat is bad for you
  - Cholesterol is bad for you
  - Juice is good for you (pasteurized)
  - Whole grains are good for you
  - Milk is good for you (pasteurized)
  - Sugar substitutes prevent blood sugar problems



# Other Common Health Myths

- Cardio is better than weight training
- Stay out of the sun – it is bad for you
- Take this pill – it will solve your problem
- It's genetic
- If you ignore the problem long enough, it will go away.

**To Regain your health you must have  
actual perspective on your reality.**

# Moderation?



# The Concept of Moderation is Skewed

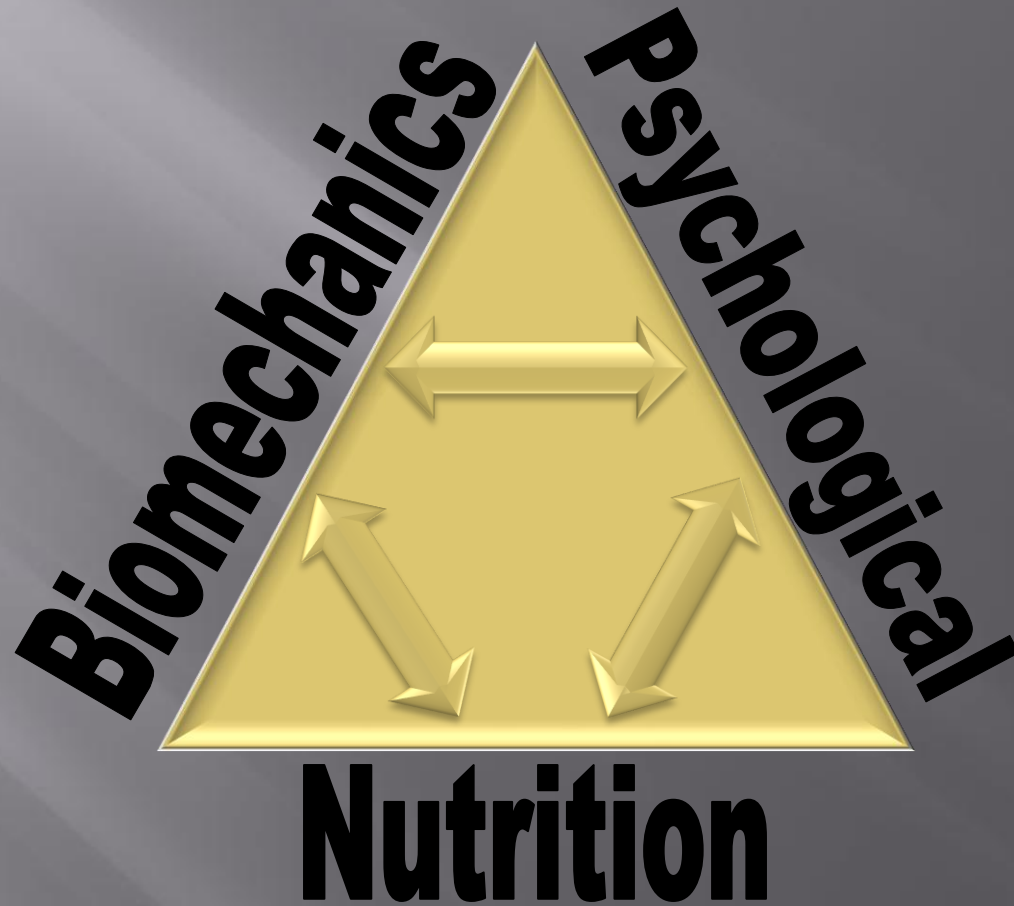
- “I only eat bad on the weekend”

Friday + Saturday + Sunday = 43% of the week

Now add holidays, birthdays, miscellaneous social gatherings, vacations, half time snacks at your child's sporting event, stress induced binges...

- Celebrations are limitless and they are based around self mutilation with unhealthy processed foods

# Triangle of Health



# Lifestyle Priorities for Good Health

- Proper diet
- Water Quality
- Air Quality
- Sunshine
- Sleep
- Exercise and physical fitness
- Healthy Mind
- Stress Management
- Balance between self needs, family needs, work, and recreation
- Financial security

# Proper Diet

- Outside of the obvious –
  - Junk food (candy, soda, chips, prepackaged meals, etc)
  - Artificial sweeteners
  - Trans fat
  - Artificial ingredients
  - Chemical ingredients
  - GMO
- One man's food is another man's poison
- What is the proper diet for you?



# Food Damage Control

- Pay attention to what you are eating and how you feel afterward
- If food causes negative symptoms, quit eating it.
- If you are chronically ill, have your doctor perform the following:
  - Elisa ACT testing - Identifies delayed food reactions more accurately than any other lab in the world.
  - Spectracell testing – identifies nutritional deficiencies so that you can appropriately change your diet.



ELISA/ACT Biotechnologies LLC

# Water

- All biochemical reactions inside the body require water. Chronic dehydration can alter your body's ability to effectively create or break down molecules required for normal physiological function. You should urinate approximately 3-4 times per day without the influence of a diuretic (caffeine, etc.)



# Water

- **Water Quality:** Living in an industrialized area, it is virtually impossible to avoid water contamination of chemicals. A home filter is recommended for this. A three chamber filter should suffice. The chambers will have a sediment filter, a carbon filter, and a VOC (volatile organic compound) filter.

# Air Quality



- Indoor air quality is typically poor inside most homes. Heavy dust, dust mites, animal dander, disease causing bacteria, molds, fungus, chemical gases from carpet, paint, household cleaners, etc can all pollute the air inside your home.
- Oxygen is an essential nutrient and is required by your body to function normally at the biochemical level. This means that polluted air can lead to altered nutrient need as well as altered nutrient function.

# Sunshine



- Sunshine helps your body produce hormones and vitamin D.
- **Increase direct sunlight** without the use of sunscreen. (SPF >8 will block out UVB light which is responsible for the production of vitamin D in your skin.) You should never stay in the sunlight long enough to burn. Common sense is encouraged as you know the limits of your skin better than anyone else.

# Sleep



- Eight or more hours per night are adequate for most individuals.
- You should be asleep at a minimum between the hours of 10 pm and 2 am. This time is optimal for restorative sleep.
- If you have difficulty with falling asleep try using some type of white noise (falling water, humming fan, etc.).
- Your bedroom should be dark. No artificial light sources should be kept on (television, lamps etc.) as they can disrupt the overall quality of your sleep.
- Deep sleep is important for the body's natural healing process; therefore it must be considered a priority.

# Exercise

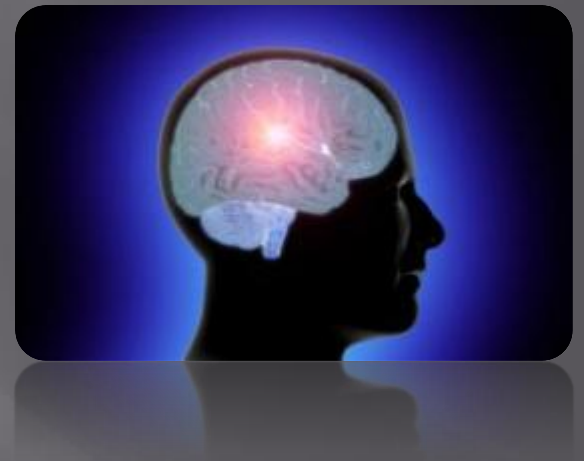
- Physical fitness is critical. This information is covered in the gluten sensitive exercise video.



# Healthy Mind

Relies on several factors:

- Self esteem
- Social interactions
  - “you are who you hang out with”
- Spirituality
- Exercise
- Nutrition

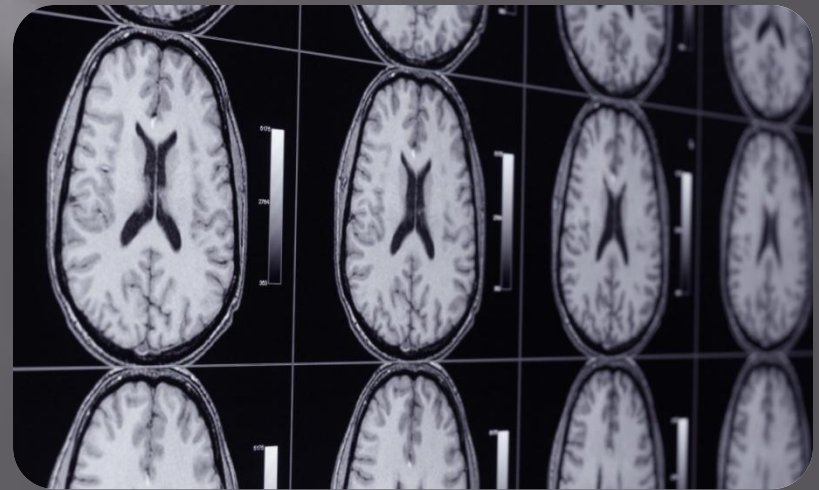


# Brain Function

- Is voluntary and involuntary
- Normal function...
  - Depends on biochemicals (nutrients)
    - Neurotransmitters
    - Neural synapses
    - White and grey matter



- If brain chemistry is altered on a biochemical level...
  - Thoughts can be altered and subsequently...
    - Actions can be altered
      - i.e. food choices



# Lifestyle Priorities for Good Health

- Stress control
- Time management
- Financial security
- Balance between self needs, family needs, work, and recreation

**Prioritize, prioritize, prioritize!**

# The Power of Choice

- Most modern illnesses (celiac disease, heart disease, obesity, cancer, diabetes, irritable bowel, etc) derive from poor choices.
- You have the power to be healthy
- You have the power to choose
- Remember that all choices have consequences (good, bad, or indifferent)

# Want a Quick Fix?

The content of this video should not be construed as medical advice and is in no way intended to help you treat, cure, or diagnosis a medical condition.