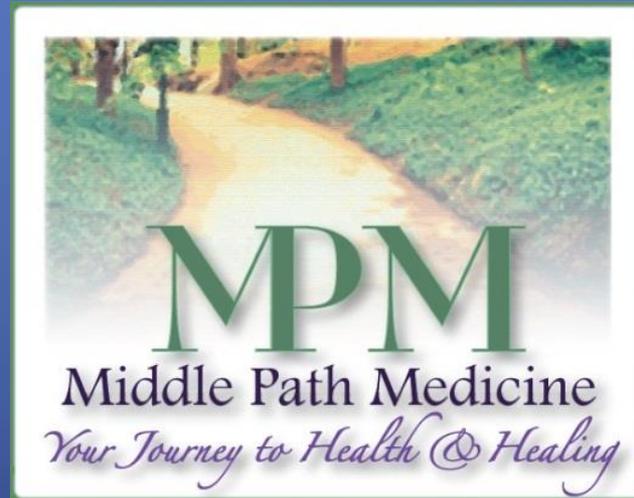


Is Gluten Free the Way to Be?

Gary E. Foresman, MD

July 2012



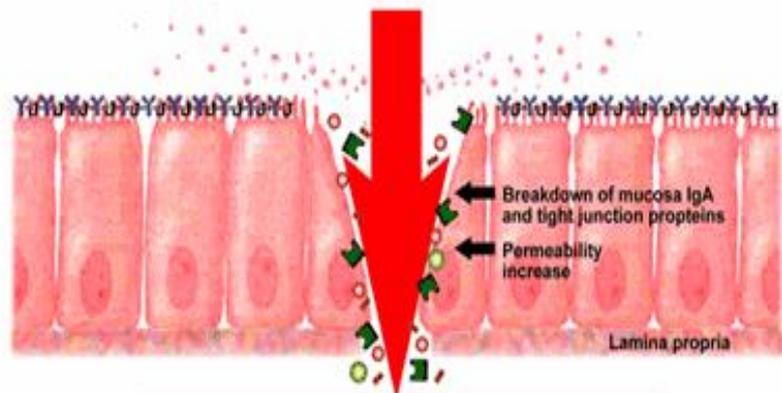
What is Gluten?

- From the Latin 'glue', it's what makes dough, and stamps, sticky.
- A protein found in most grains, specifically wheat, rye, and barley as well as spelt, triticale, and kamut.
- This protein is toxic to the intestine, namely the brush border where the subtle microvilli perform the functions of digestion and absorption.
- An estimated 3-10% (a far higher % than the 1% doctors have been taught) of people have a Celiac Disease, an autoimmune disease induced by sensitivity to the gluten toxin.

Factors affecting mucosal immune system resulting in intestinal barrier dysfunction, autoimmunity and nervous system abnormalities



Aside from physical stress, gluten has been shown to contribute to all of these mechanisms...



INTESTINAL BARRIER DYSFUNCTION

FOOD ALLERGY & INTOLERANCE

IMMUNE SYSTEM ABNORMALITIES

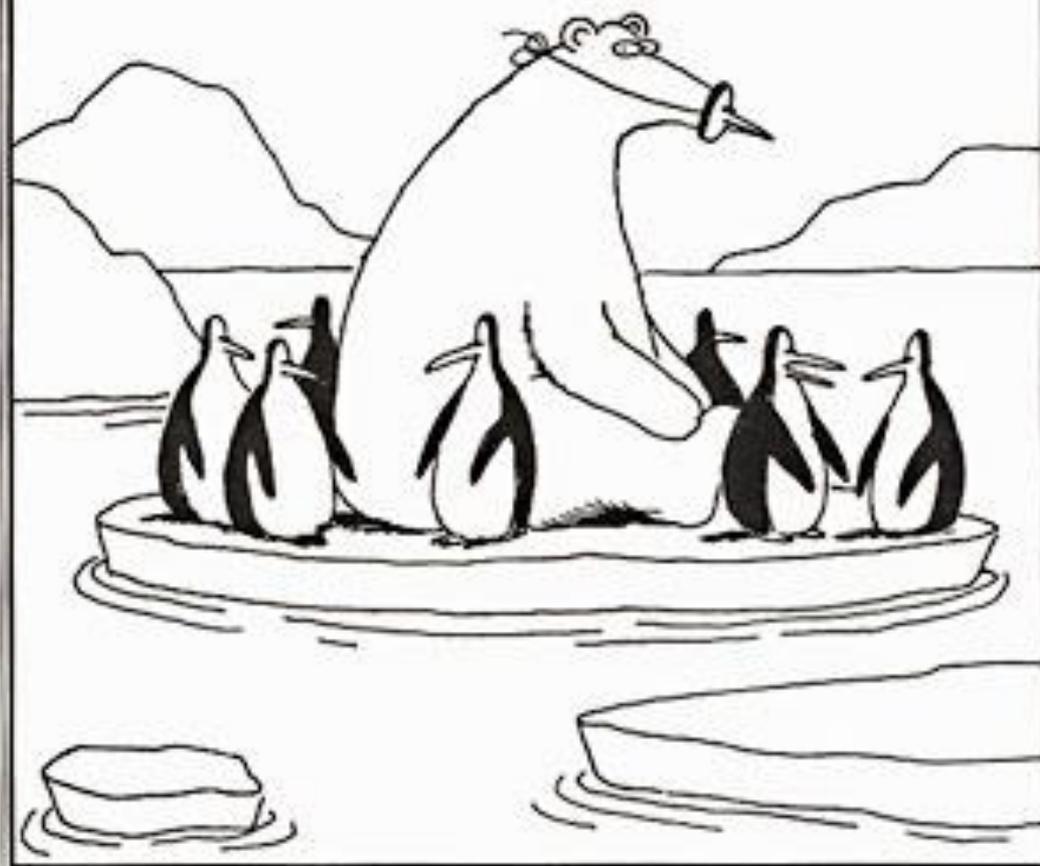
AUTOIMMUNITY

INFLUENCE ON THE BLOOD-BRAIN BARRIER AND NEUROAUTOIMMUNITY

What is Gluten?

- The number of people suspected of being “gluten-sensitive” is six times as many as those who have Celiac Disease.
- Recently, a six year-old boy was cured of Type 1 Diabetes by going on a gluten-free diet.
- The list of autoimmune diseases, arthritis, dermatological disorders, and most all symptoms can be at least linked to gluten sensitivity.

Jarom



"And now Edgar's gone. ... Something's going on around here."

Lectins

- From Latin: to select
- This is a group of sugar-binding proteins.
- They too are found in most grains, as well as legumes (among a myriad of other food substances).
- The lectins cause similar microvilli damage.
- Lectins have also been linked to autoimmune disease, and the grains which are gluten free contain many toxic lectins *and* often have proteins which cross-react with those who are gluten-sensitive.
- Fermenting or soaking of beans can pre-digest lectins

Insulin

- A peptide hormone produced by the pancreatic beta cells
- Primary role is for fat storage, **not** the regulation of blood sugar.
- Since insulin's primary role is not the control of blood sugar, our bodies become easily overwhelmed by today's high processed carbohydrate diet.
- A hyper-insulin response leads to inflammation, fatty liver, atherosclerosis, hypoglycemia, and then, eventually diabetes, accelerated aging and most chronic disease.

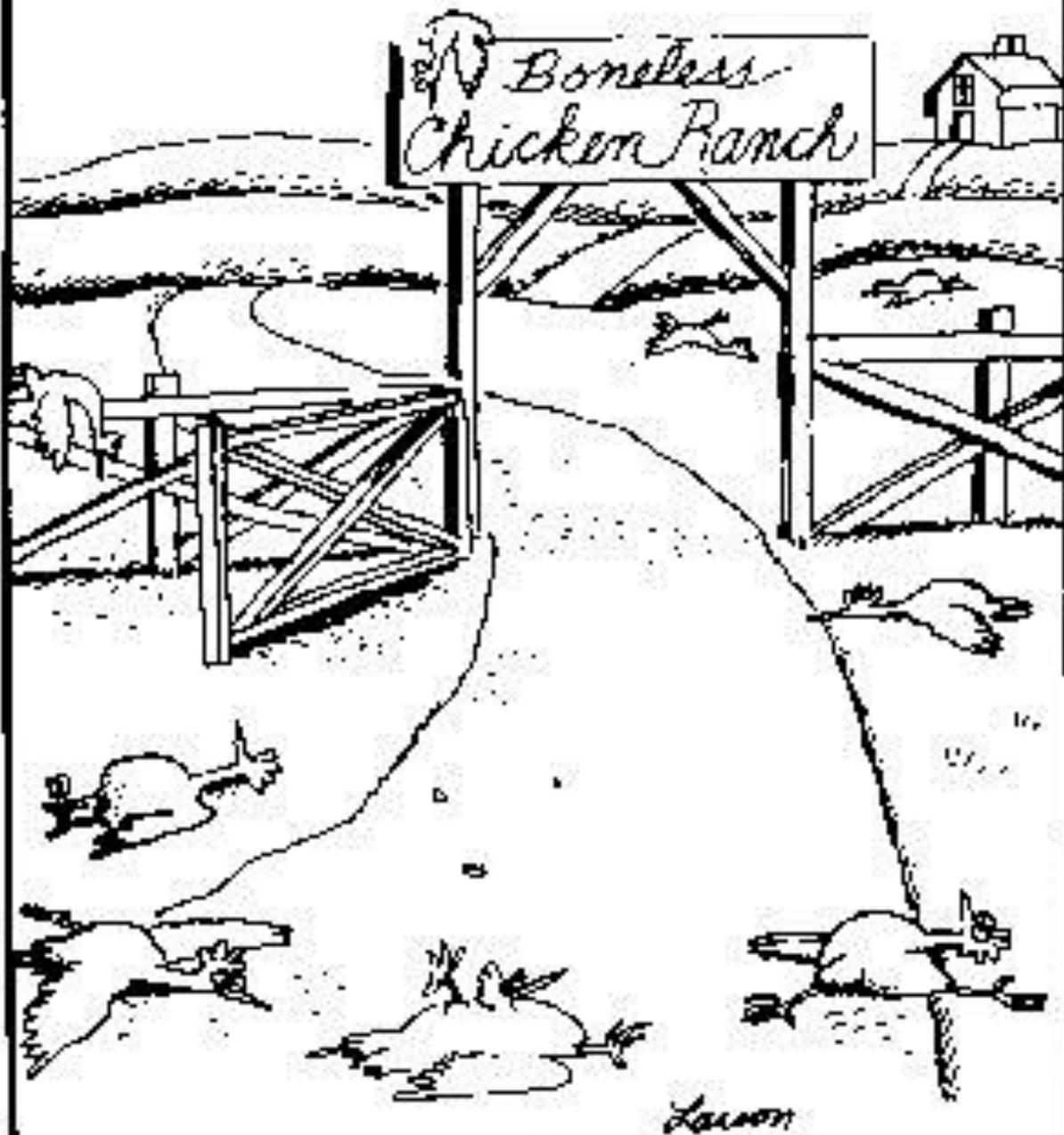
Hunger and Calories

- In the Women's Health Initiative 20,000 women were prescribed a low-fat diet and reduced their daily intake by 360 calories for eight years. Results include a 2-pound weight loss, but an increase in abdominal fat!
- Counting calories has never, can never, nor will ever work as a long term solution to obesity.
- Obesity is not a disease of gluttony, but a disorder of fat accumulation and the hormonal regulation of fat tissue.

“If we’re not supposed to eat animals, how come they’re made out of meat?”

-Tom Snyder

1983



Lawson

“The doctor of the future will give no medicine, but instead will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease.”

—Thomas Edison

Well, What CAN I Eat?

- Organic, free-range, or wild-caught meats & fishes
- Organic, raw, whole-fat dairy
- Organic, cage-free eggs
- Organic vegetables, **avoiding** white potatoes & corn (a grain, anyway)
 - Greens, squashes, broccoli, cauliflower, Brussels sprouts, onions, garlic, beets, yams, carrots, celery, bell peppers, eggplant, avocado & tomatoes (fruity vegetables!), and so, so much more!

Well, What CAN I Eat?

- Organic fruits:
 - Berries of all kinds, cherries, apples, peaches, plums, pears, nectarines, apricots, citrus. Avoid most tropical fruits (higher sugar content)
- Organic nuts & seeds, raw & unsalted.
 - Macadamias, almonds, pecans, **pumpkin seeds, sunflower seeds**
- Feature good fats
 - Organic coconut oil (all coconut products, really), ghee (clarified butter), animal fats, extra virgin olive oil, and fatty fish

“Each science confines itself to a fragment of the evidence and weaves its theories in terms of notions suggested by that fragment.

Such a procedure is necessary by reason of the limitations of human ability.

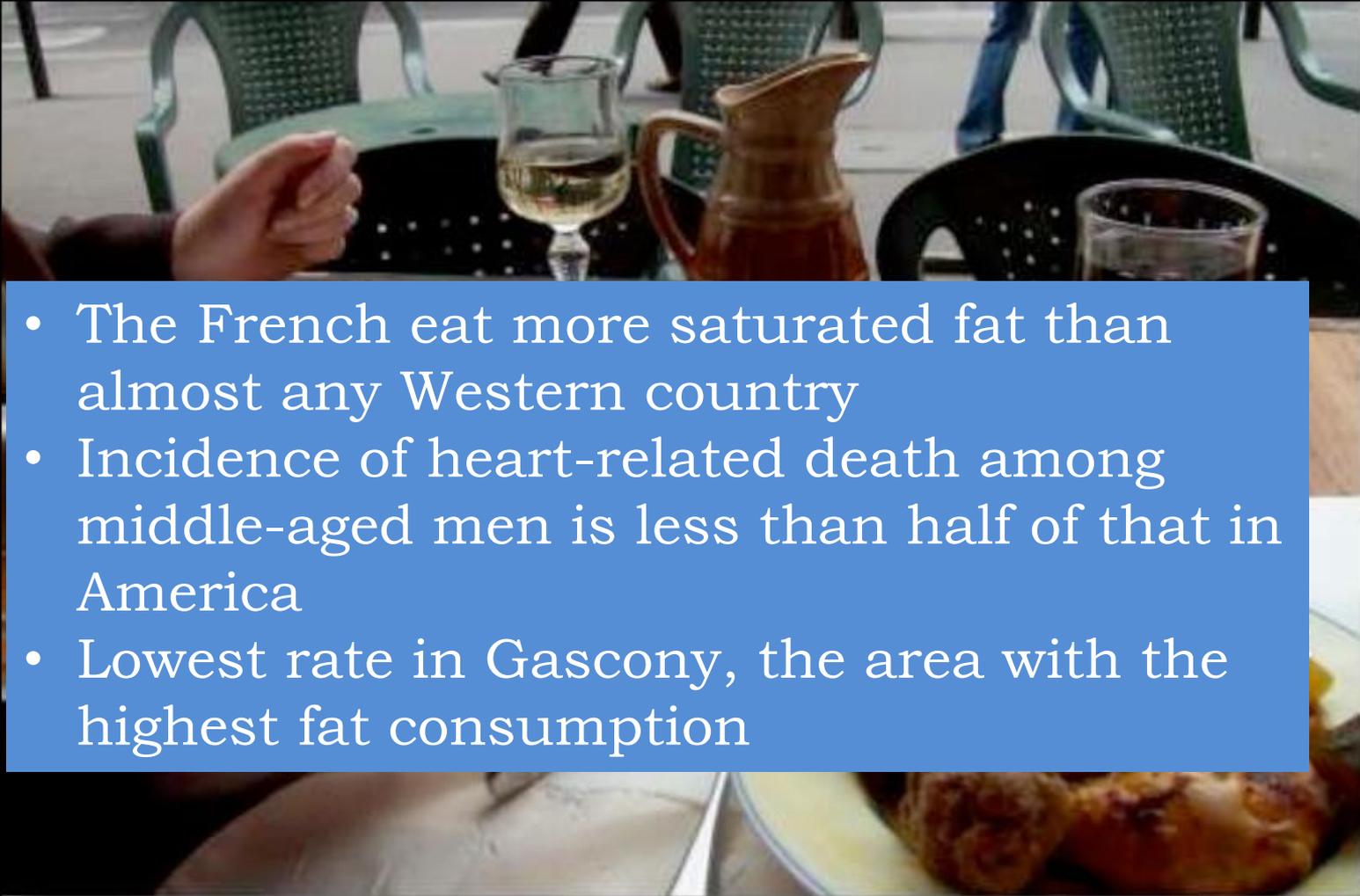
But its dangers should always be kept in mind.”

—Alfred North Whitehead

British Mathematician & Philosopher

Observing that researchers have to take on faith the scientific research and the scientific knowledge on other researches whose results they are borrowing, he notes “It will usually be the case that these loans really belong to the state of science 30 or 40 years earlier.”

The French Paradox



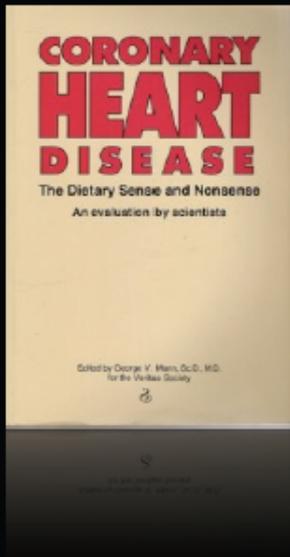
- The French eat more saturated fat than almost any Western country
- Incidence of heart-related death among middle-aged men is less than half of that in America
- Lowest rate in Gascony, the area with the highest fat consumption

The Indian Paradox



- People in northern India eat seventeen times more animal fat compared to the south and their incidence of heart disease is seven times lower.

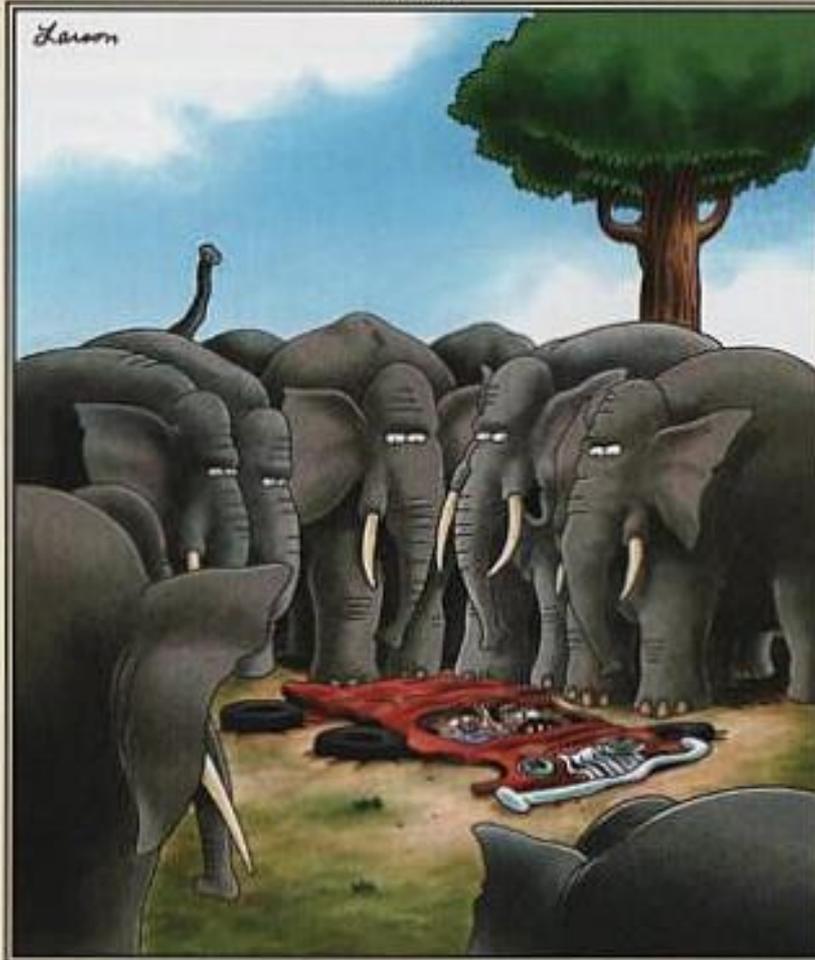




George V. Mann, M.D.,
Researcher, The Framingham Heart Study

The diet-heart hypotheses (that suggests that high intake of fat and cholesterol causes heart disease) has been repeatedly shown to be wrong, and yet, for complicated reasons of pride, profit and prejudice, the hypothesis continues to be exploited by scientists, fund-raising enterprises, food companies, and even governmental agencies. The public is being deceived by the greatest health scam of the century.

7/27/94



“You know, sometimes I sort of enjoy
this herd mentality.”

Paleo Diets

- The Primal Blueprint, Mark Sisson. 2012
– marksdailyapple.com
- Paleo Comfort Foods, Julie & Charles Mayfield. 2011
- The Primal Blueprint Cookbook, Mark Sisson with Jennifer Meier. 2010
- Primal Blueprint Quick and Easy Meals, Mark Sisson with Jennifer Meier. 2011

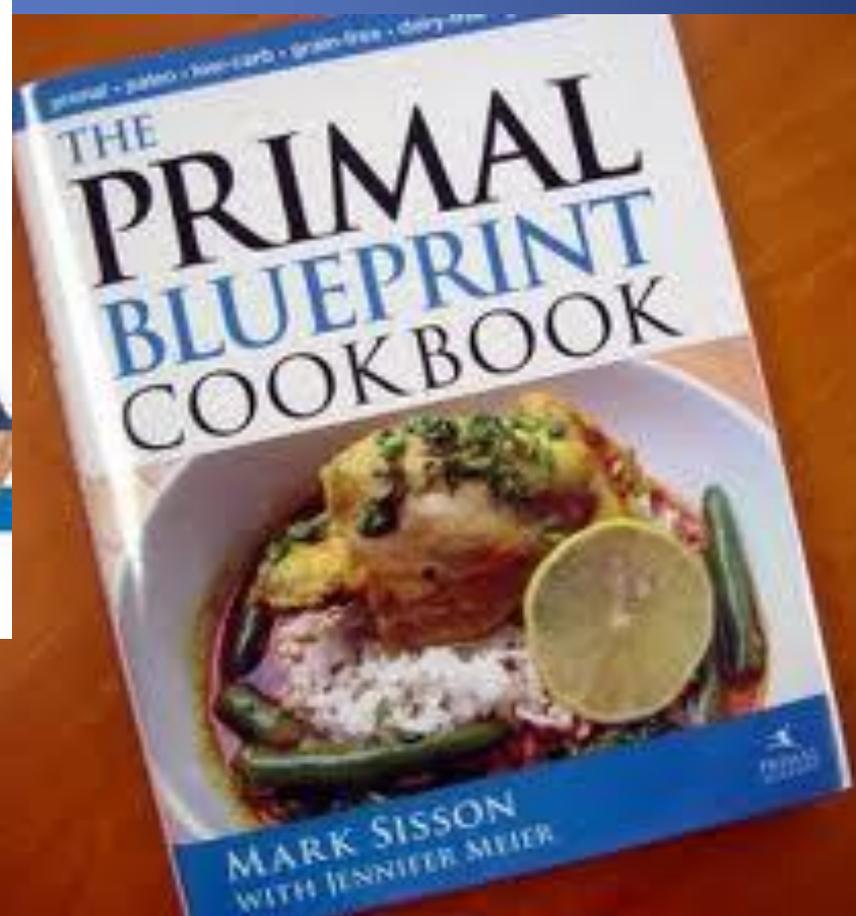
Forget everything you thought you knew
about diet, exercise, and health!
It's time to go back to the beginning...

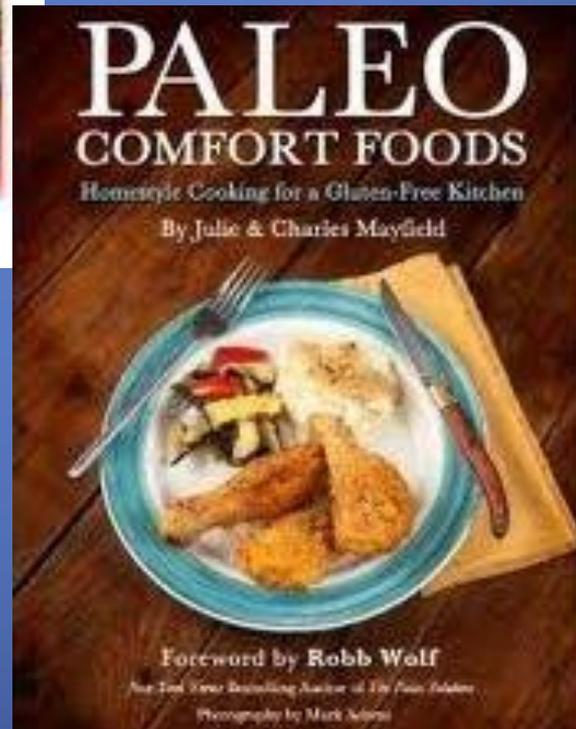
THE PRIMAL BLUEPRINT

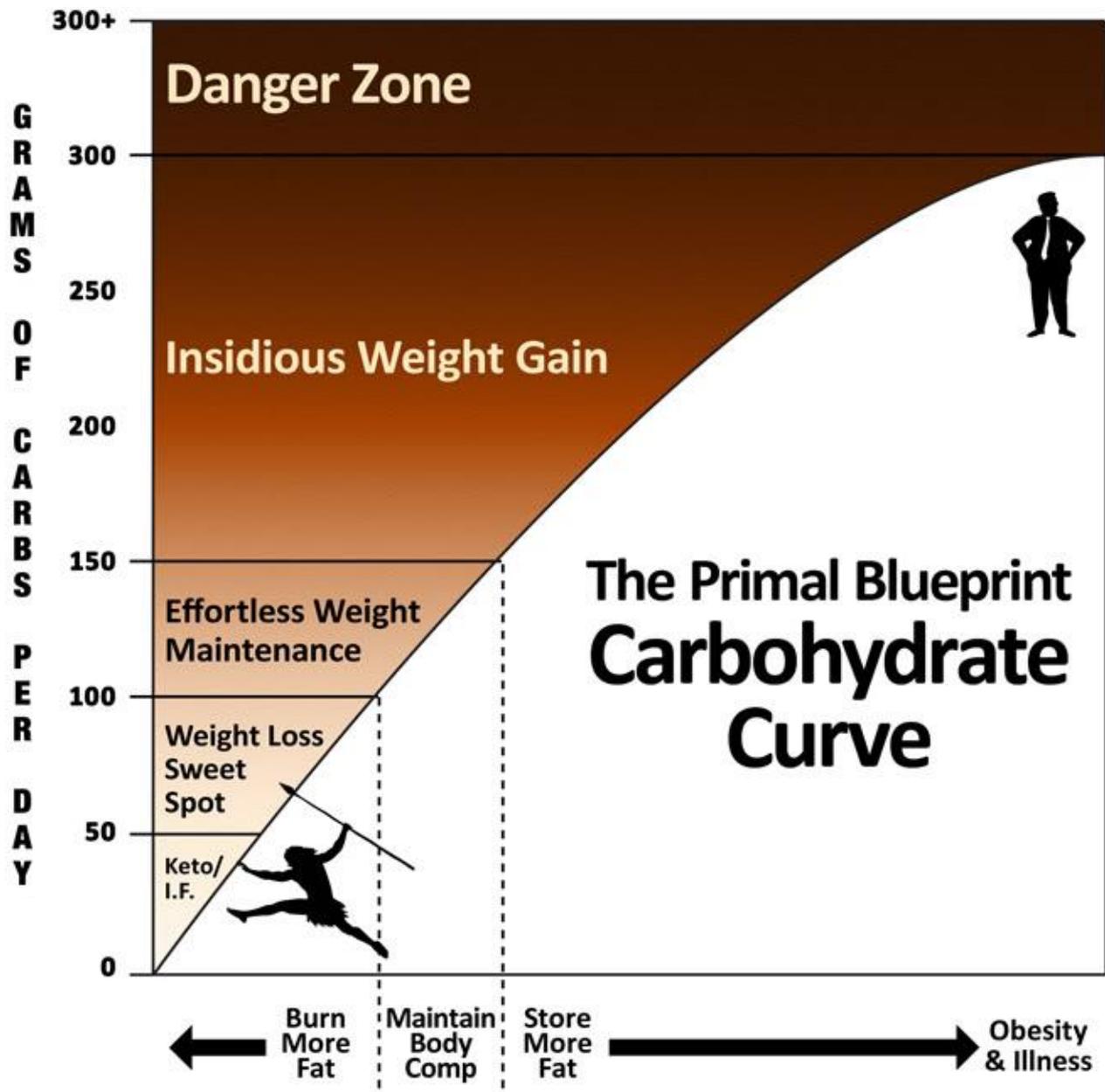
*Reprogram your genes
for effortless weight loss,
vibrant health, and
boundless energy*



MARK SISSON







The 10 Primal Blueprint Laws:

(From Mark Sisson)

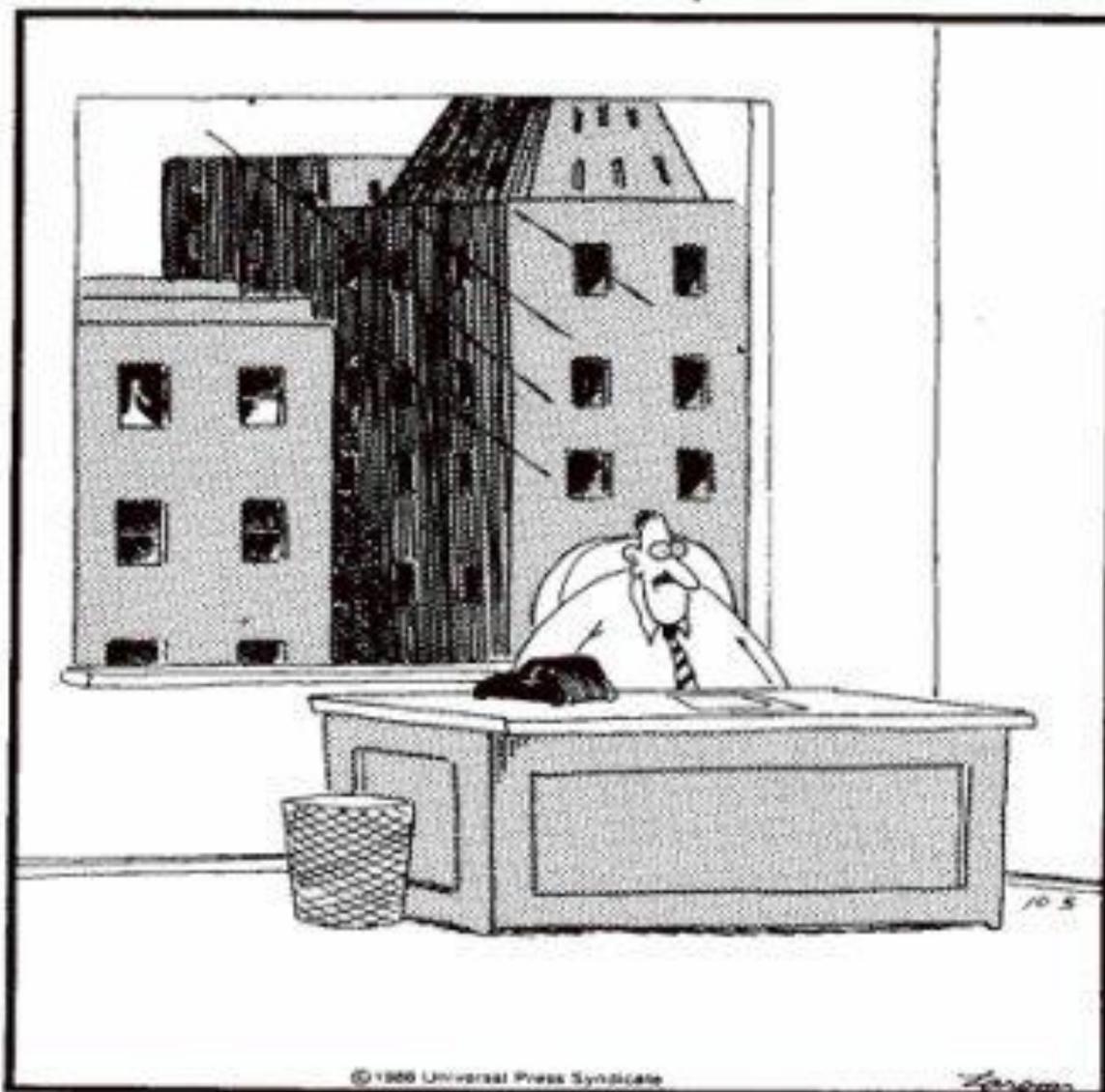
1. Eat plants and animals
2. Avoid poisonous things
3. Move frequently at a slow pace
4. Lift heavy things
5. Sprint once in a while
6. Get adequate sleep
7. Play
8. Get adequate sunlight
9. Avoid stupid mistakes
10. Use your brain

If You're Not Already Convinced...

- www.cyrexlabs.com, the leader in gluten-sensitivity testing
- www.alcat.com, for food sensitivity testing
- Good Calories, Bad Calories, Gary Taubes. 2008
- Nutrition and Physical Degeneration, Weston A . Price, DDS. 8th Ed. 2011 (originally 1939!)
www.ppnf.org
- Guns, Germs, and Steel: The Fates of Human Societies, Jared Diamond. 1999
- www.eatwild.com

If You're Not Already Convinced...

- www.realmilk.com
- <http://www.raw-milk-facts.com>
- <http://www.rutizfarms.com>
- <http://www.localharvest.org/>
- <http://www.greenamerica.org/>



Anatidaephobia: The fear that somewhere, somehow, a duck is watching you.