

Over the last year, we've held a monthly facebook Q and A on The Celiac Diva page. We've combined some of the top questions and answers for you to review. Most of the answers are geared toward using supplements to help alleviate symptoms. Ask questions on our facebook page [facebook.com/gfremedies](https://www.facebook.com/gfremedies)

January 2012 Hair and Skin Issues

People with gluten intolerance and CD are known to deal with various skin, hair and nail problems.

These problems can be segregated into several categories.

1. Problems related with gluten-driven autoimmune responses/chronic inflammatory reactions.

Under this category are:

- Dermatitis herpetiformis
- Sjogren's syndrome
- Psoriasis

Typical treatment is based on gluten elimination and treatment of the underlying immune/autoimmune problem.

2. Problems related to malabsorption of vitamins and nutrients, including malabsorption of iron, vitamin D, biotin, B12 and silica.

The problems under this category present in the form of hair thinning, diffuse hair loss, brittle nails, poorly healed skin sores, skin dryness etc.

Solution: multivitamins, biotin (up to 20 mg a day), iron glycinate, Eclipta alba, biosilica.

3. Problems related with abnormal gut microflora and yeast/candida overgrowth.

The problems under this category manifest in the form of the itchy rashes, hives and acne.

I break out with acne, what can control this?

Get checked for yeast overgrowth as this can cause acne. You can take an Indian herb called Manjistha.

I have extremely dry skin, what can I do to control this?

Individuals may want to get checked for Sjogren's Syndrome as one of the common indicators of SS is severe skin dryness. SS is also tied to CD as they share the same gene HLA-DQ2.

My hair has been thinning or falling out, can anything reverse this?

Look into getting your iron levels checked as low iron can cause hair loss. You can also try Biotin and Eclipta Alba.

Can vitiligo be a side effect from celiac disease?

Yes, vitiligo can be connected to CD. Gluten blocks the production of melanin by going gf, melanin can be produced again.

February 2012 GI Symptoms: Methods to Heal your Gut

First, here's a brief explanation of what happens in the gut for people who have celiac disease or are gluten intolerant. People with gluten intolerance and celiac disease are characterized by biochemical abnormalities in the superficial layers of the small and large intestine. Depending on the duration and severity of the disease, some of the changes can be irreversible. One of the consequences of these processes is a dramatic change in normal gut microorganism with increased presence of potentially harmful microorganisms, yeast/candida overgrowth associated with suppression of normal mucosal immunity and development of leaky gut syndrome.

What's your stance on the theory that celiacs should avoid rice and corn products too, because they also have gluten in them?

Corn and rice have prolamines which are proteins not digestible by the gut, but they are not related to gluten. It is my opinion that in most cases celiacs can eat rice and corn. However; statistics show that people with gluten intolerance are 60-70% likely to be intolerant to dairy, 40-40% to soy, 20-25% egg and 10-15% corn.

Is it possible for leaky gut to be completely healed? How long does this usually take? And how will you know when it is healed?

Yes, it can heal. It could take up to a year and the only way to know if it is healed is through functional testing of the blood, stool, and saliva. I recommend getting these checked every 3 months until healed.

I've been gluten free for 4 months, but still have GI issues. What else could this be?

A good place to start is with stool and saliva testing and other food intolerance testing to see if you are sensitive to other items besides gluten.

March 2012 Leaky Gut

What is leaky gut syndrome and how to heal from it

Briefly, leaky gut is an increased intestinal permeability where food antigens, toxins and microorganisms leak into your blood. If you think of your intestines as a tube, it can get pores of different sizes in it. Under normal functioning the pores are closed, but under diseased conditions the pores are open and the content of the tube leak into the blood stream.

Can this be caused by yeast overgrowth as well?

Yes, it can be caused by yeast overgrowth. Other items that can cause it are celiac disease, gluten intolerance, chronic inflammatory diseases (colitis, crohn's) anti-inflammatory drugs, steroids, alcohol consumption.

What can be done to heal leaky gut?

there are several dietary items that you should avoid. Milk products (butter, buttermilk, cheese, cottage cheese, ice cream, ice milk, kefir, milk, quark, yogurt).

Grains (amaranth, barley, buckwheat, bulgur, corn, cous-cous, kamut, millet, oats, quinoa, rice, rye, semolina, spelt, triticale, wheat, wild rice).

Legumes (peas, beans, lentils, chickpeas, soy/tofu, etc.).

Starchy vegetables (beets, carrots, parsnips, potatoes, pumpkin, squash, sweet potatoes, turnip, yams).
High glycemic fruits (banana, dried fruits, fruit juices).
Sugars (brown sugar, cane juice, corn syrup, Demerara sugar, dextri-maltose, dextrose, glucose, icing sugar, malto-dextrin, maltose, maple sugar, molasses, raw sugar, rice syrup, sucrose, table sugar, turbinado sugar, white sugar.)
Alcoholic beverages.
Spicy food.

It takes at least 6 weeks to heal.

There are several supplements you could try as well:

Probiotics
Prebiotics
Epicor
Bovine Immunoglobulins
N-Acetylglucosamine
Alpha Lipoic Acid
Coix Seed Extract
Sodium Butyrate
Citrulline Malate

April 2012 Brain Fog

I wanted to give you a little bit of background as to why this happens. Chronic fatigue and brain fog are extremely common in patients with celiac disease and gluten intolerance. Quite often, these symptoms persist even after the long-term compliance with gluten-free and other elimination diets.

The triggering mechanisms for the fatigue and brain fog can be divided in several categories:

- Mechanisms related to subclinical adrenal insufficiency
- Mechanisms related to intestinal dysbiosis (abnormal gut microorganisms) and yeast (*Candida albicans*) overgrowth
- Mechanisms related to malabsorption of vitamin and minerals (for example, iron deficiency) and depletion of certain nutrients (for example, coenzyme Q10, creatine) contributing to normal functioning of mitochondria
- Mechanisms related to abnormalities in urea cycle and ineffective elimination of ammonia from the bloodstream

The specific therapy of fatigue and brain fog depends on which mechanism you are experiencing.

What characterizes brain fog?

A delayed ability to focus on a problem, calculations and word retrieving.

Is there anyway once you get accidentally glutened to get past the fatigue and brain fog faster?

Taking Gluten Breaker, Yucca Schidigera Extract, and NAG will shorten the duration of the brain fog as these supplements flush your system of the gluten. You could take Gluten Breaker as a caution before

you go out to eat as this helps prevent the complications that can arise from accidental gluten consumption.

My short term memory is terrible what supplements can help?

Some supplements that can help with short term memory loss are acetyl-L-carnitine, gotu kola, sunflower lecithin, and DMAE.

May 2012 Accidental Consumption

In general the symptoms of gluten exposure do vary quite a bit depending on amount of gluten consumed and the individual's gluten reactivity threshold. Typically, small amounts of consumed gluten trigger fatigue and brain fog lasting from several hours to several days. Consumption of moderate to large amounts of gluten triggers not only fatigue and brain fog, but also abdominal discomfort/pain, diarrhea, headaches, joint pain and joint stiffness lasting days and weeks.

3-step Protocol to Deal with Accidental Consumption

Pre-meal preparation

To avoid consequences associated with accidental gluten contaminations, we recommend using the Gluten Breaker™ protocol, which includes consuming two capsules immediately before and after meal. This approach will only work if you are experiencing an accidental contamination; this will not work if you knowingly consume gluten containing foods (pasta, breads, cookies etc.).

HOW IT WORKS

Gluten Breaker is a high-potency blend of plant-derived enzymes specifically formulated to assist in degrading of plant and animal proteins, including gluten, cow's milk casein and soy proteins as well as lactose. The enzyme blend also hydrolyzes small peptides, including caseomorphins and gluteomorphins that can adversely affect the central nervous system in susceptible individuals. The formulation demonstrates activity over a wide range of pH conditions (pH of 2 to 12). 4 capsules of Gluten Breaker™ can digest up to 1000 mg/1 gm of consumed gluten.

If you already consumed gluten and started experiencing symptoms of exposure you should:

1. Start drinking plenty of fluids, preferably with alkaline pH. An easy way to get this is to add a ¼ teaspoon of baking soda to your glass of water. 3-4 glasses a day.
2. Start consuming Gluten Breaker™ two capsules three times a day on an empty stomach (30 min before or 60 min after meals)
3. Start consuming NAG (N-acetylglucosamine) 2000 mg three times a day and MOS (mannan oligosaccharides) 2000 mg twice a day

HOW THEY WORK

Both food supplements protect and regenerate intestinal mucosal lining upon gluten exposure

4. Start consuming triphala 500 mg three times a day and 1000-1500 mg before bedtime

HOW IT WORKS

Triphala has been used for centuries as a non-habit forming laxative and colon cleanser, tonifier and rejuvenating remedy. By increasing peristaltic movement of the intestine, triphala accelerates the removal of the gluten remnants from the digestive tract.

After taking NAG, MOS, Gluten Breaker and Triphala for 2-3 days and you experience no improvement, you can try the following for up to 5 days (including the previously mentioned supplements) Yucca Schidigera Extract and Goldenbiotic-8™.

HOW THEY WORK

Yucca schidigera contains several physiologically active phytochemicals such as steroidal saponins (soap-like substances) which facilitate elimination of gluten from the digestive tract and stimulate the growth of beneficial intestinal microorganisms, inhibit parasite and relieves intestinal irritation.

GoldenBiotic-8™ is a proprietary blend of 8 probiotic microorganisms specifically designed to restore gastrointestinal health in patients with malabsorption, leaky gut syndrome and chronic candidiasis. Certain probiotic strains in this formulation affect GABA neurotransmitting pathway and reduce symptoms of anxiety. In addition, they can reduce inflammation causing intestinal discomfort.

June 2012 Still Sick After Going Gluten Free?

Is there a withdrawal period when going gf?

As you are still in the early stages, your body will go through some transitions during this time. It typically takes at least 3-4 months to notice real differences.

I'm having a lot of problems related to constipation

Triphala and a probiotic continuously, rhubarb root (one week on and one week off) and fiber with psyllium husk.

I'm having a problem with more and more food intolerances popping up (rice, spinach, milk, nitrates, any red meat, quinoa) Why is this?

There is an enzyme called diamine oxidase which degrades histamine in our gut. People with celiac disease are deficient in this enzyme. The food we eat triggers histamine, but if you are deficient in it, it will not break down the food. You can take diamine oxidase as a supplement

August 2012 Weight Gain/Loss Since Going Gluten Free

By its obvious nature, gluten intolerance has a profound effect on absorption of nutrients from the digestive tract and production of hormones and enzymes regulating metabolism of fat, carbohydrates and proteins.

Based on our experience, 60-70% of patients with gluten intolerance suffer from inability to gain weight. Typically, this represents a consequence of:

- Pancreatic insufficiency
- Short food transit time in the gastrointestinal tract due to diarrhea
- Malabsorption due to the damage of intestinal lining
- Leaky gut syndrome
- Disbalance of gut microflora and yeast overgrowth

People with gluten intolerance and excessive weight, on the other hand, very often deal impaired endocrine functions, including insulin resistance, hyper reactive adrenal glands, low testosterone production, disturbances of leptin production and hypothyroidism.

I'm having problems with bloating. What can help?

This could be due to a yeast overgrowth, which you can get checked for by your dr.

October 2012 Understanding the Difference between Celiac Disease and Yeast Overgrowth

Celiac Disease and gluten intolerance are often complicated and/or associated with changes in the intestinal microflora. This can result in yeast overgrowth. Symptoms can range from bloating, headaches, cravings for sugar, hives, eczema, brain fog and more.

What should I do for a yeast detox?

A yeast detox diet consists of eating low carb foods, foods high in fiber and taking a probiotic. Coconut milk is beneficial too because it acts kind of like a gel and grabs onto items to move things out of your system. Unlike water, which just goes right through you. It will take around 2-3 months to detox and another 3-6 months of maintenance.

How can you tell if you have yeast overgrowth? Is there a test?

Here is a list of common symptoms:

Bloating

Headaches after meals (predominantly over forehead)

Craving for sugar/carbs

Frequent hives

Eczema

Brain fog and fatigue

Loose stools

The most accurate diagnosis is based on detection of yeast overgrowth in the stool or (slightly less reliable) detection of elevated titer of anti-candida antibodies in the blood.

December 2012 Gastrointestinal Detoxing

In general, for a GI detox the following supplements are beneficial. Take all for 4 weeks. Triphala, Yucca, Mannan Oligosaccharides, Taurine, Liver Detoxifier, Bacillus coagulans

How often should I detox?

It depends on why you are doing it. If you are feeling fine, but just want to give your system a fresh start, then once a year is good. If you are experiencing symptoms, then twice a year may help.

How do I know when to detox?

It's very subjective when to do it, in general some signs to look for are increased fatigue, constipation and irregular bowel movements.