

ANTECEDENTS

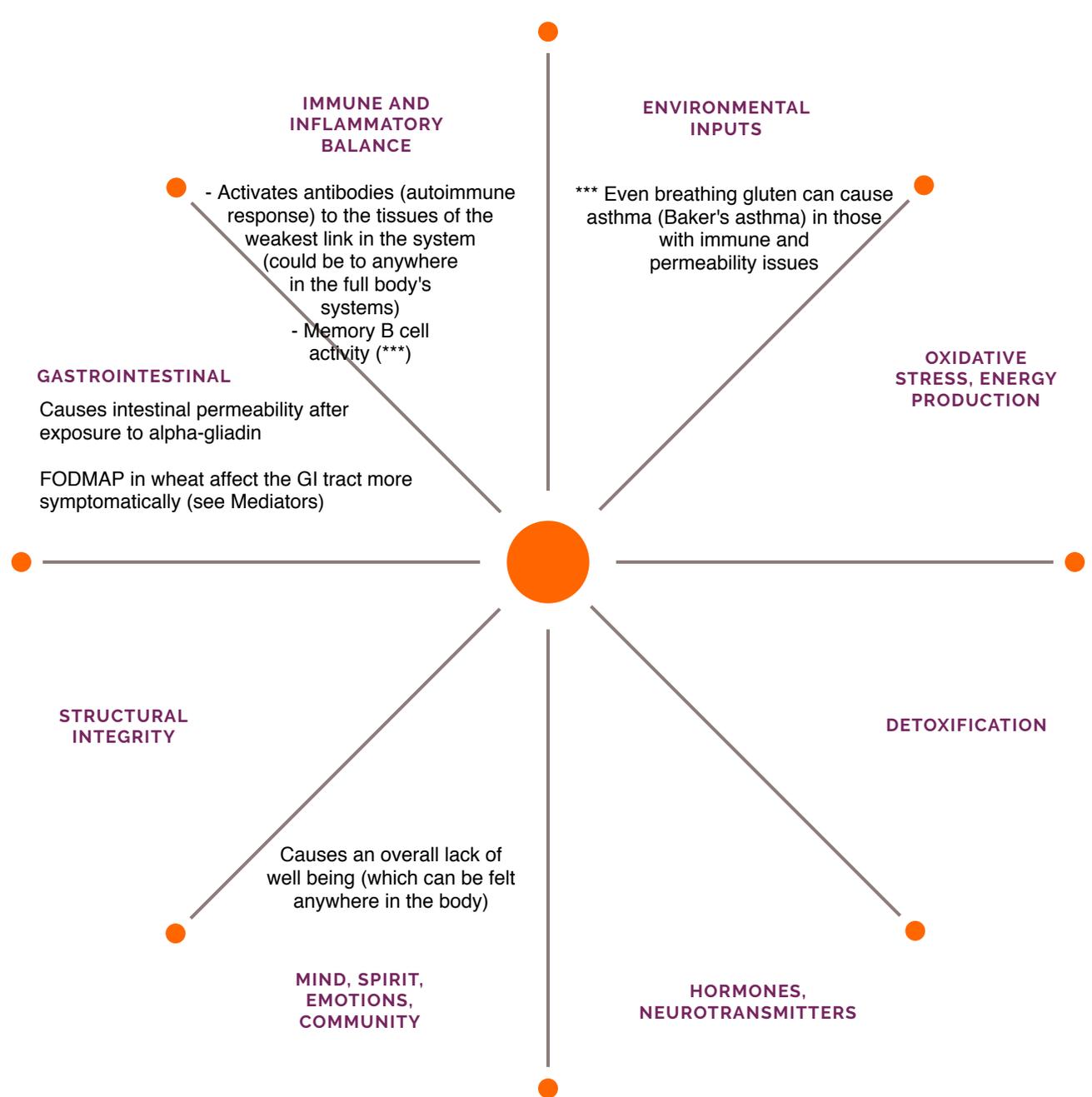
What is the weak link in the individual's systems? (The wheat is like throwing gasoline on the fire -- an epigenetic impact on the genome)

TRIGGERING EVENTS

- Protein in poorly digested wheat impact systemically (leading to increased gut permeability and other downstream issues in the system)

MEDIATORS

- Alpha-Gliadin in gluten will impact and cause permeability in about 5 min (this may or may not be felt in the GI tract)
 - FODMAP quantity in wheat will cause the gas, bloating and other GI complaints
 [Note: Wheat strains in Europe are lower in FODMAP, which may be why they cause less GI symptoms]
 - Fully eliminate wheat (**)



SLEEP/RELAXATION

EXERCISE/MOVEMENT

NUTRITION/HYDRATION

** Fully eliminate (not reduce) gluten and wheat to reduce antibody production to the tissues

STRESS/RESILIENCE

Memory B cell activity is going to be activated with exposure to gluten and cause stress on the "weakest link" in the individual's chain

RELATIONSHIPS/NETWORKS

Patients need practitioners to be KIND, not NICE -- we need to be real with our patients to help them achieve results (but with EMPATHY :))