

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)

Copper toxicity

Abnormal microbiome

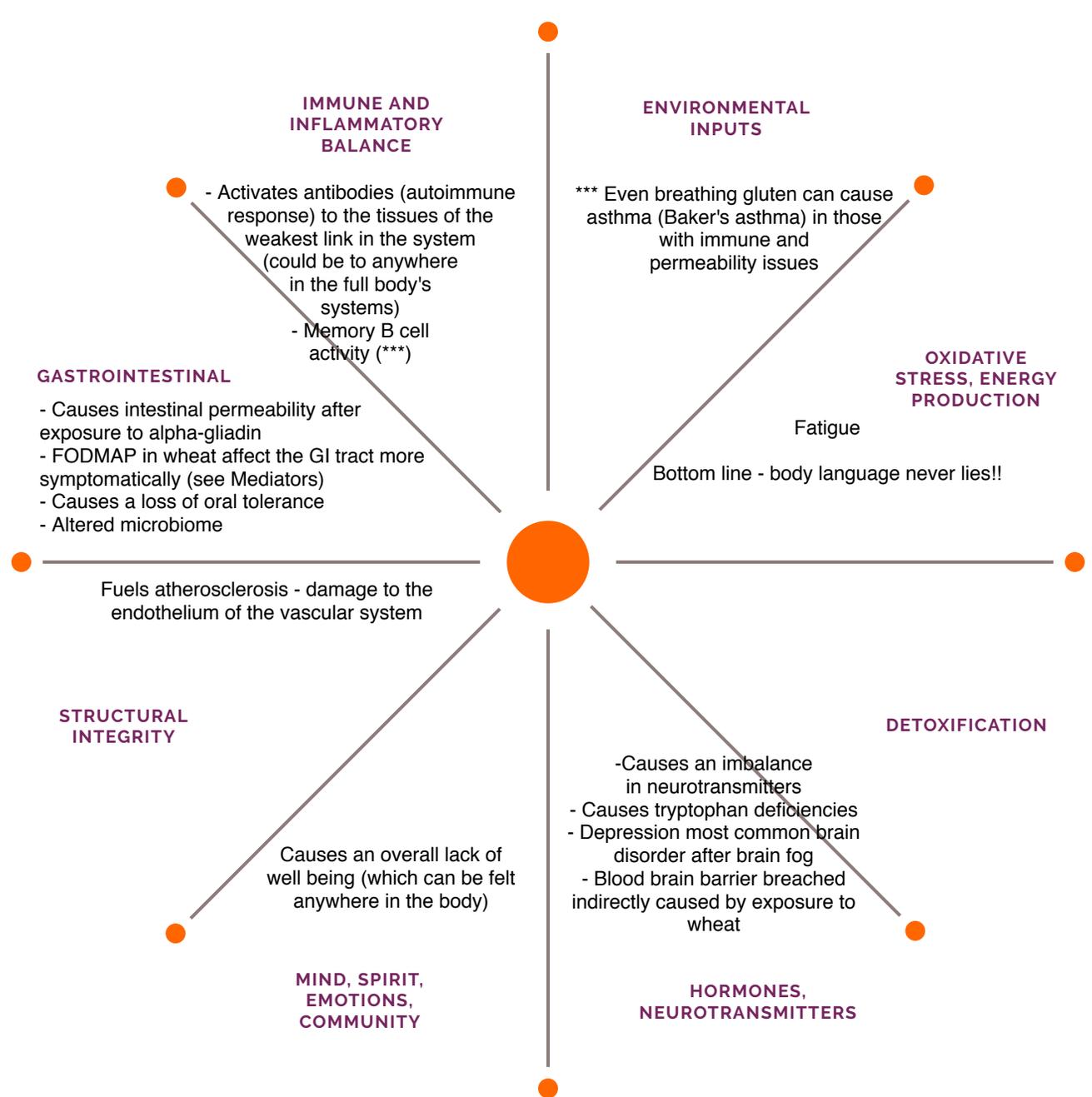
Cross reactivity to other foods

TRIGGERING EVENTS

Protein in poorly digested wheat impacts 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 :)