

UNDERSTANDING GLUTEN SENSITIVITY

by Dr. Misty White

Gluten sensitivity affects one third of the American population. These are people who have mild to moderate symptoms from eating the proteins found in wheat and other grains. Celiac Disease, the most extreme form of gluten sensitivity, affects 1% of the population. A recent study showed that people who are gluten sensitive and have been properly diagnosed could save 30% in their health care costs. Sadly, 99% of people with this condition are not aware of it. Understanding and treating the root cause of disease will save money in frequent trips to the doctor and unnecessary medications. It will also set you on a path to wellness.

You don't have to have full-blown Celiac's to have major health consequences from eating gluten. In 2009, a large study showed increased death due to heart disease and cancers in people with gluten sensitivity. The numbers are shocking. For people with gluten sensitivity the risk of death was increased by 35%. For Celiacs and people with active inflammation in the gut the risk jumps to 72%. How can eating a seemingly wholesome food cause so much disease? To understand this, we need to understand how the digestive system interacts with the immune system:

GUT PHYSIOLOGY: The intestines are where things are permitted into the bloodstream. Food, broken down into its nutrients is absorbed from the tube into the blood. This is a dangerous proposition. There could be bacteria or parasites or poisons in the things we eat. The immune system has outposts along this border and monitors the particles that are absorbed and mounts an immune response when dangerous substances are detected.

When activated, the immune system fights infections. Sometimes, an activated immune system will respond to food as if it's a dangerous invader. Your genetics make you more or less vulnerable to certain food sensitivities. Genetics alone don't determine whether or not you'll be sensitive to gluten or other foods. There is often a triggering set of circumstances like an infection or nutrient deficiency that sets the immune system in motion.

LEAKY GUT: In the process of responding to dangerous bacteria, viruses, parasites or yeast, the immune response can destroy healthy tissue. The lining of the intestines will become red and inflamed and the barrier function is lost. Larger and larger particles are allowed into the bloodstream. Waste material can enter the bloodstream and cause symptoms all over the body: headaches, skin rashes, joint pain.

TRIGGERING OTHER FOOD SENSITIVITIES: Over time, the constant activated immune response and leaky gut can cause new food sensitivities. I've seen it many times where people avoid what they know they're reacting to, feel better for a short time, then start reacting to all the new foods they're eating and their diet gets more and more restricted and the overall health takes a downward spiral. Unless the barrier function in the digestive system is intact, healing cannot take place.

Some problems and sensitivities can resolve with the removal of the main food offender and time. For most people, though, the cause of digestive disease has not been identified and treated and they will need more thorough investigation and advanced healing protocols. It's important to have support and an expert to help guide this process. The specifics need to be tailored to the individual.

ADDRESSING THE ROOT CAUSE OF DISEASE: Diseases caused by gluten sensitivity are completely curable. Some diseases like anemia and osteoporosis are obviously related to malabsorption. Some diseases like Lupus and Multiple Sclerosis involve a complex interplay of the immune system. Others involve an even more complex cascade of hormones and neurotransmitters. Gluten sensitivity is a condition that can affect any system in the body. Instead of managing and treating various conditions individually, directing efforts and resources to the root cause of the problem can allow for optimal wellness.



Nutritional Therapy
Wellness Center of Vermont

CAN NUTRITIONAL THERAPY HELP YOU?

Do you lack energy?

Are you chronically tired?

Do you need to lose some weight?

Do you not feel well although your doctor says
there is nothing wrong with you?

Do you struggle with food cravings?

Do you have digestive problems?

Or maybe you try to eat healthy but are confused
by all the contradictory information.

If any of these apply to you, a Nutritional Consultation could help
you learn how to start on a path to feeling better today.



CHECK OUT OUR G.A.P.S WORKSHOPS!

Gut Healing to help food allergies, autism, ADHD/ADD, dyslexia, addictions, depression, obsessive-compulsive disorder, bipolar disorder, schizophrenia, epilepsy, eating disorders, behavioral and social problems, panic attacks, anxiety, involuntary movements, various tics and fits, sensory problems, ect.

PO Box 1102 | St. Albans, VT 05478

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PIZZERIA & RESTAURANT

IT'S MORE THAN JUST FRESH! SINCE 1995.

GLUTEN FREE
MENU



Menu created for Mimmos by:

Nutritional Therapy
Wellness Center of Vermont

802.528.5000 | INFO@NUTRITIONVERMONT.COM

www.nutritionvermont.com

ST. ALBANS 802.524.2244 | ESSEX 802.288.9494

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Appetizers

- *Soup of the Day (when available)
- ask server if current selection is gluten free

Salads

SMALL LARGE

Garden

***Caesar**

- must specify no croutons

***Grilled Chicken Caesar**

- must specify no croutons

Balsamic Chicken Salad

- must specify no pasta or bread

Greek

- must specify no croutons

DRESSINGS

House Italian, House Caesar, House Ranch, Blue Cheese, Fat Free Sundried Tomato Basil, Fat Free Honey Dijon, French Dressing, & Fat Free Raspberry Vinaigrette



Pizza

*Gluten Free — one size only. 12"

TOPPINGS

pepperoni, bacon, sausage, anchovies, mushrooms, onions, garlic, broccoli, olives, spinach, green peppers, artichokes, pineapple, fresh tomatoes, feta cheese, sun dried tomatoes, grilled chicken, & pesto

**Specialty Pizza*

White ricotta, spices & mozzarella

Greek feta, spinach, tomato & black olive

Veggie broccoli, spinach, tomato, mushroom, onions & peppers

Grilled Chicken Tomato Basil grilled chicken, tomato, basil & mozzarella

**Gluten Free Pasta*

Red Sauce Mimmo's marinara

Meat Sauce

Vegetable sautéed spinach, broccoli, mushrooms, red peppers, minced onions, peas, carrots and zucchini. Choice of white wine garlic or marinara sauce

Alfredo creamy parmigiana sauce

Clam Sauce choice of white wine garlic sauce or Mimmo's marinara

Shrimp Fra Diavolo Sautéed shrimp in a spicy marinara sauce

Shrimp Scampi Sautéed shrimp in a garlic, olive oil and butter sauce

Primavera Sautéed mushrooms, red peppers, minced onion, zucchini, carrot, broccoli and peas in your choice of pink or white cream sauce

Low Carb Options add \$2 for lunch, \$4 for dinner any pasta dish may be made on top of chicken breast instead of pasta



Entrees

***Chicken Florentine** sautéed chicken breast with spinach in a white wine garlic - must specify 'no flour'

***Chicken Marsala** chicken breast sautéed in Marsala sauce with mushrooms - must specify 'no flour'

***Chicken Franchise** egg battered chicken sautéed in a white wine lemon sauces - must specify 'no flour'

***Chicken Rolletini** Whole filet chicken breast, rolled with our special cheese blend and spinach, topped with provolone and baked in a white wine lemon sauce. (please note this dish requires additional cooking time and may extend waiting time) - must specify 'no flour'

Deserts

Vanilla Ice Cream with your choice of chocolate sauce, strawberry sauce, caramel, or maple syrup

Chocolate flourless cake

* must make specific request for gluten free item