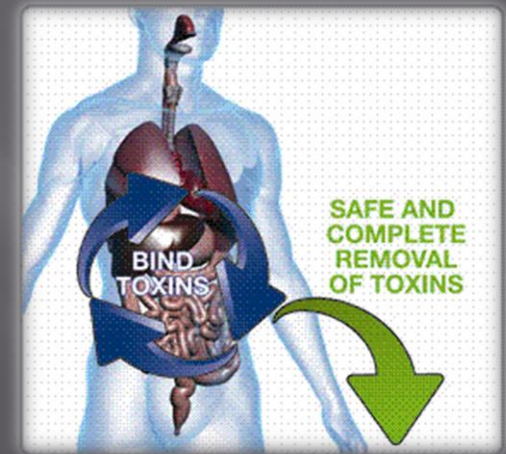


Healing Summary



- Test for specific food and environmental toxic exposures and REMOVE them.
- Address underlying infection.
- Identify nutritional deficits - correct them.
- Perform a Detoxification & Repair Protocol
 - Vitamin C Cleanse
 - Ultra Liver Detox
 - UltraImmune IgG
 - Biotic Defense
 - Max Digest
 - Inflammation Repair
 - Chelemax - Metal Detox
- Self Respect - Be good to your body





GLUTEN FREE SOCIETY

Presents...

Gluten Free Society

Educating Patients and Doctors About Gluten



THE GLUTEN FREE LIE

Dr. Peter Osborne

Founder www.GlutenFreeSociety.org

Clinical Director www.TownCenterWellness.com

Vice President – American Clinical Board of Nutrition

Founder www.MyFunctionalMedicineDoctor.org

Evaluate The Situation

- When we find ourselves doing what everyone else is doing, it is time to re-evaluate our position.
- The masses are usually wrong.
- The message becomes oversimplified and overcomplicated (construed)
- The advice becomes homogenized.

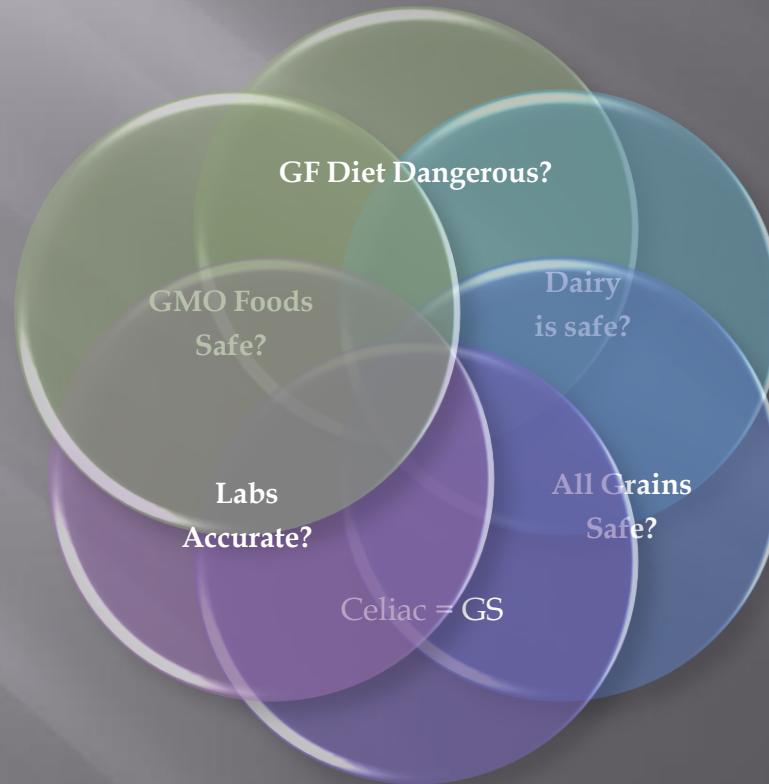


What the World Thinks...

- Wheat, barley, rye, and maybe (sometimes) oats are dangerous.
- Eating “gluten free” genetically altered food out of a box is perfectly fine.
- If you don't have celiac, you can eat gluten all you want.
- It is normal to get sick as we get older
- Drugs help diseases heal



Lots of Lies = Mass Confusion



Lie #1



GF Diet Dangerous?

- No scientific evidence exists that would show avoidance of grain causes human disease.

Why do we assume that grain is such a healthy food?

The Food Guide Pyramid recommends large quantities of grain as a staple food in the diet. Why? Did you know that the U.S. Government mandated that processed grain products be fortified with vitamins and minerals in 1943? The reason? Processed grains caused nutritional diseases like Beri Beri and Pellagra (vitamin B1 and B3 deficiency respectively).

Detrimental Qualities of Grain (Including Whole Grain)

- The seeds are doused with chemical hormones and pesticides like atrazine to aid in growth. These chemicals mimic estrogen and cause hormone disruption in both men and women.
- Low in the essential fatty acids EPA and DHA (omega 3)
- Poor source of complete protein
- Contain enzyme inhibitors
- Contains addictive proteins that can alter behavior, mood, and contribute to mental dysfunction
- Contain anti nutrients that cause malabsorption of minerals
- Contain autoimmune inducing peptides and lectins
- Cause sodium and water retention
- Cause excessive insulin response leading to weight gain and diabetes.



Why are you going gluten free?

- For those diagnosed with gluten sensitivity, going gluten free is a necessity to achieve and maintain health...
- That being the case, why do so many choose unhealthy foods?
- Processed “Gluten free food” is a billion dollar industry.
- That being said, is “gluten free” processed food good for you... is it True gluten free?

Lie #2 - Dairy



Dairy is Safe?

Research letter

Bovine milk intolerance in celiac disease is related to IgA reactivity to α - and β -caseins

Francisco Cabrera-Chávez, M.Sc., and Ana María Calderón de la Barca, Ph.D.*

Centro de Investigación en Alimentación y Desarrollo, A. C., Carretera a La Victoria, Hermosillo, Sonora, Mexico

Manuscript received October 16, 2008; accepted January 9, 2009.

Abstract

Celiac disease is an autoimmune disease triggered mainly by ingestion of wheat gluten proteins. However, some other dietary proteins, such as those of cow's milk, induce celiac disease-like symptoms in some patients with celiac disease. Different approaches have been done to detect the

“the serum IgA response of patients with CD to bovine milk could be related to gliadins and caseins sharing epitopes recognized by antigliadin IgA antibodies, as previously proposed.”

epitopes from bovine casein could be responsible for triggering symptoms.

Currently, we are evaluating sera from patients with CD for IgA reactivity to dietary proteins including bovine caseins. For this purpose, sodium dodecylsulfate polyacrylamide gel electrophoresis of wheat gliadins and bovine caseins was performed [4]. Gels were stained with Coomassie blue or electrophoretically transferred to nitrocellulose membranes. After transfer, immunodetection of antigens on nitrocellulose membranes was carried out [5]. Membranes were incubated overnight with a sera pool from 14 patients diagnosed with CD, followed by incubation with rabbit anti-human IgA, and an extra incubation with alkaline phos-

phatase. The results were apparent because they moved as normally on sodium dodecylsulfate polyacrylamide gel electrophoresis [6]. However, separation was excellent and identification was done by comparing with patterns of purified caseins. The immunodetection showed that CD IgA strongly recognized gliadin subunits from 38 to 58 kDa (Fig. 1A, lane 3) and α - and β -caseins of approximately 39 and 28 kDa (Fig. 1B, lane 3), but not κ -casein near 30 kDa. The minority fraction of caseins, κ -casein, has the higher antigenicity for milk-intolerant individuals [7]. Therefore, the IgA immunoreactivity found against α - and β -caseins is not attributable to antigenicity.

Previous studies [2,3] have demonstrated a reaction to caseins, although these were mixtures of α -, β -, and κ -caseins and probably other milk proteins; however, a distinctive identification had not been done. It has been published that there is a high homology of some peptides in bovine β -casein to the gluten peptide, mainly with the amino acid

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E-mail address: amc@ciad.mx (A. M. Calderón de la Barca).






Dairy is Safe?



- Lactose in dairy is hard to digest for humans over three years of age. We go through a genetic down regulation in the production of this enzyme as a natural part of aging.
- The majority of dairy sold in the U.S. is genetically modified and loaded with hormones.
- The cows that produce the milk are not pastured, they are gluten fed.
- Most dairy products contain thickening agents made with grains.
- Products are pasteurized. This denatures proteins and damages the other immune boosting properties of milk.
- Fat is removed. Skim milk is toxic. Fat is not unhealthy. Unhealthy fat is. The difference is in how the animal is fed. In the case of the cow – grains are the primary staple. Fat derived from grain is highly inflammatory thus promoting and perpetuating chronic disease.
- Many products contain added sugar or artificial sweeteners and flavors. These chemicals are not conducive to good health.
- One of the main proteins in GMO dairy, casein, has been shown to contribute to autoimmune diseases of the skin including eczema and psoriasis. This same protein is strikingly similar in structure to gluten.
- Clinically speaking, people who go gluten free/ dairy free typically have faster recovery of illness than those only going gluten free.

Lie #3 – Eat whole grain substitues



Substitute
Grains are Safe?

The Prolamine Fraction of Proteins in Grains

Grain	Prolamine	% Total Protein
Wheat	Gliadin	69
Corn	Zein	55
Barley	Hordein	46-52
Rye	Secalinin	30-50
Sorghum	Kafirin	52
Millet	Panicin	40
Oats	Avenin	16
Rice	Orzenin	5

“The allergens in rice, corn, millet and buckwheat should be better studied before they can be recommended as alternatives for cereal allergic children.”



Clin Exp Allergy. 1995 Nov;25(11):1100-7.

“The observation that corn gluten challenge induced an abnormal NO reaction in some of our patients with CD is intriguing as maize is considered safe and is recommended as the substitute cereal in a gluten free diet.”

Gut 2005;54;769-774

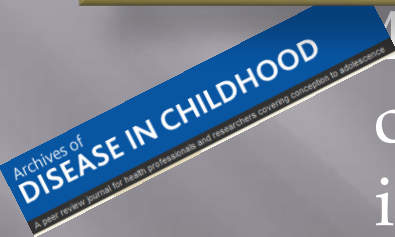


Recent Studies on Rice...



Mehr S, Kakakios A, Frith K, et al. Food Protein Induced Enterocolitis Syndrome: 16 year

"Causative foods for the 35 children were rice ($n = 14$), soy ($n = 12$), cow's milk ($n = 7$), vegetables and fruits ($n = 3$), meats ($n = 2$), oats ($n = 2$), and fish ($n = 1$). In the 66 episodes, vomiting was the most common clinical feature (100%), followed by lethargy (85%), pallor (67%), and diarrhea (24%). A temperature of $<36^{\circ}\text{C}$ at presentation was recorded for 24% of episodes."



Mehr S, Kakakios AM, Kemp AS. Rice: a common and severe cause of food protein induced enterocolitis syndrome. *Arch Dis Child* 2009;94(3):220-3.



Why Processed “Gluten Free” is a Hazard to Your Health...



Twenty-two inherently gluten-free grains, seeds, and flours not labeled gluten-free were purchased in June 2009 and sent unopened to a company who specializes in gluten analysis. All samples were homogenized and tested in duplicate using the Ridascreen Gliadin sandwich R5 enzyme-linked immunosorbent assay with cocktail extraction... Nine of 22 (41%) samples contained more than the limit of quantification, with mean gluten levels ranging from 8.5 to 2,925.0 ppm. Seven of 22 samples (32%) contained mean gluten levels ≥ 20 ppm and would not be considered gluten-free under the proposed FDA rule for gluten-free labeling. Gluten contamination of inherently gluten-free grains, seeds, and flours not labeled gluten-free is a legitimate concern.

Source: [J Am Diet Assoc. 2010 Jun;110\(6\):937-940.](#)



With the rise of the booming gluten free food market (billions in revenue annually), the question needs to be asked with more scrutiny. Why?

- Much of the processed gluten free junk *frood* (Frankenfood) is derived from genetically modified corn.
- There is a huge increase in patients with refractory celiac disease (these people do not respond to a traditional gluten free diet.)
- Multiple studies have shown that traditional gluten free diets fail to heal patients even after many years on the diet.
- There are more studies showing that corn gluten is a problem than there are studies showing that it is not.
- All of our domesticated farm animals are fed staple diets of genetically modified corn. Our meat and dairy industry revolves around this.

In this research study, testing confirmed that celiacs react to corn glutens independently of wheat.

“Competition ELISA and preabsorption tests indicated that antibody reaction to maize storage proteins did not simply result from cross-reaction of antigliadin antibodies.”

Source: Clin Chim Acta. 1991 Dec 31;204(1-3):109-22.



Polizzi A, Finocchiaro M, Parano E, et al. Recurrent peripheral neuropathy in a girl with celiac disease. *J Neurol Neurosurg Psychiatry* 2000;68:104-105.

In this case, corn flakes triggered her symptoms!

Journal of
**NEUROLOGY, NEUROSURGERY
& PSYCHIATRY** with Practical Neurology



Corn Substitues...

"Gluten Free" foods
contain high levels
of corn mold toxins



"These findings may have serious health implications for the celiac population due to the widespread occurrence of fumonisins in most of the widely consumed gluten-free products, leading to continuous exposure to this particular mycotoxin. Moreover, the recorded nutritional quality of the celiac patient's diet raises concerns regarding its long-term adequacy and its potential impact on chronic conditions such as type 2 diabetes and cardiovascular diseases."

Source: *Mol Nutr Food Res.* 2012 Apr;56(4):632-40.



“High titres were also found when coeliac sera were tested against wheat glutenins, albumins, and globulins, as well as against barley, oats, and maize prolamines”

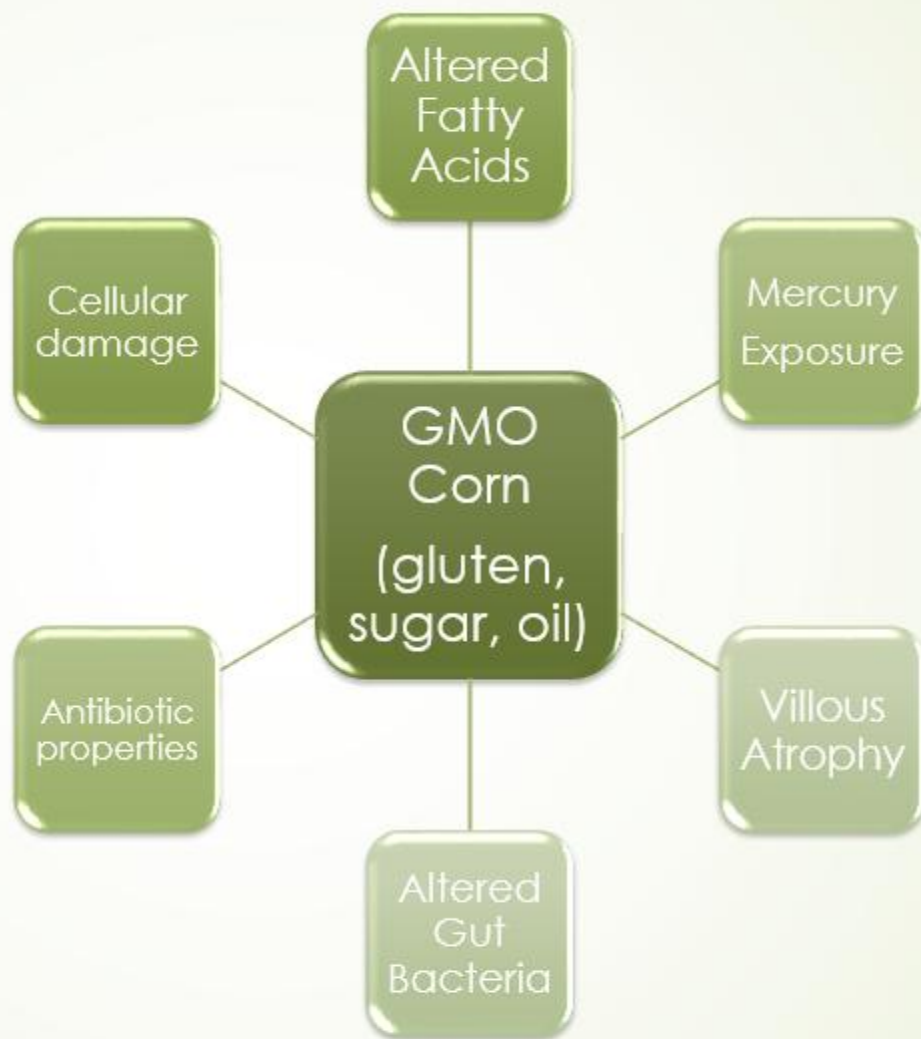
J Pediatr Gastroenterol Nutr. 1987 May
Jun;6(3):346-50.

Corn Gluten and Your Genes

“Maize is used as an alternative to wheat to elaborate foodstuffs for celiac patients in a gluten-free diet. However, some maize prolamins (zeins) contain amino acid sequences that resemble the wheat gluten immunodominant peptides... analysis indicated that other zeins contain similar sequences, or sequences that may bind even better to the HLA-DQ2/DQ8 molecules compared to the already identified ones. Results concur to indicate that relative abundance of these zeins,...may be of paramount clinical relevance, and the use of maize in the formulation and preparation of gluten-free foods must be reevaluated...”

Study Source: *Plant Foods Hum Nutr.* 2012 Feb 2.

The Big Corn Lie...



www.GlutenFreeSociety.org

A study published in the medical journal *Pediatric Research*, investigated different dietary fats and their influence on gut damage and inflammation. The findings revealed that corn oil increased villous atrophy, and also caused an increased production of inflammatory chemicals.

Source: *Pediatr Res.* 1997 Dec;42(6):835-9.



Quinoa



“Two out of the 15 quinoa cultivars (“Ayacuchana” and “Pansakalla”) stimulated an immune response that was as potent as that observed for wheat gluten.”

This result suggests that quinoa is not necessarily safe for ingestion in those with gluten sensitivity. Additionally, the results shed more light on the traditional flawed thought that proteins in wheat, barley, and rye are the only food proteins to be problematic in patients with gluten sensitivity.

Source: *Am J Clin Nutr.* 2012 Jul 3. [Epub ahead of print]

Lie #4 Celiac = Gluten Sensitivity



Celiac = GS

On Celiac vs. Gluten Sensitivity

60-70% of those who think they have celiac disease and seek help from this research center are actually gluten sensitive – they do not have celiac disease.

Communication from Dr. Alessio Fasano –
University of Maryland Celiac Research
Center

Courtesy of Dr. Vikki Petersen (Author of the Gluten Effect)



The Definitions are Changing...

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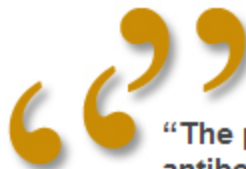
New Glutens Discovered to be Harmful To Health Glo-3A Antibodies and Celiac Disease

A recent study published in the the *Journal of Pediatric Gastroenterology and Nutrition* identified a new protein in celiac patients that may help detect the disease earlier than some of the traditionally used lab tests.

Immune Response to Non Gluten Protein

The protein is called Glo-3A. It is a non gluten storage protein found in wheat.

Production of antibodies to Glo-3A is being studied as a marker to help in earlier diagnosis of gluten issues. In a study of children at high risk of developing the celiac disease, which attacks cells lining the small intestine, high levels of antibodies to Glo-3A were detectable in blood earlier than antibodies to tissue transglutaminase (TTG), a serologic marker frequently used to diagnose celiac disease.



“The present study shows that higher levels of Glo-3A antibodies are associated with celiac disease both at the time of clinical diagnosis and before that point,”

ease



Gluten Sensitivity



Is not a disease



It is a state of genetics



If ignored, can trigger disease



One of the diseases it can trigger is...

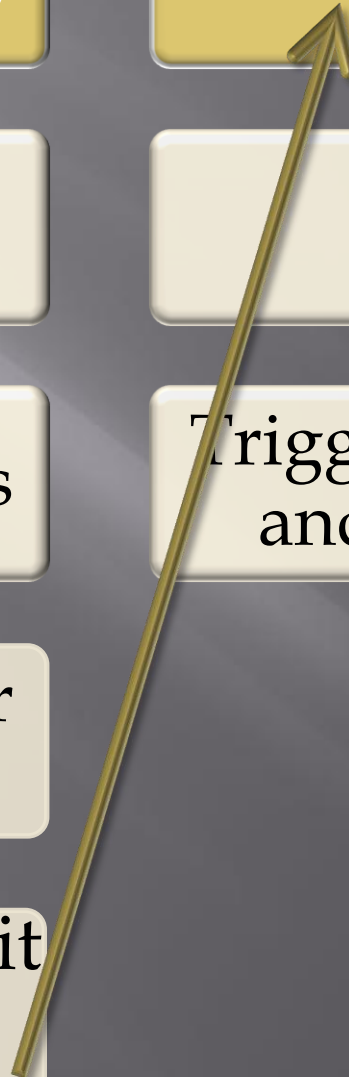
Celiac Disease



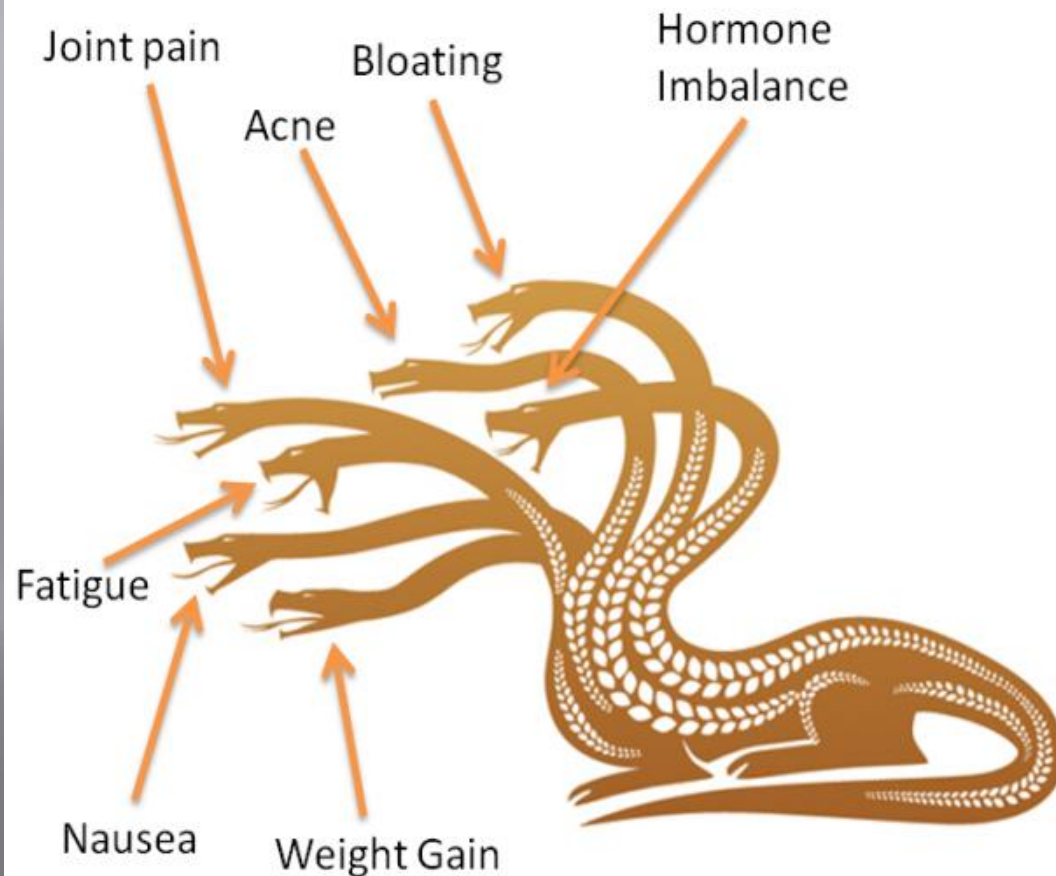
Is a disease



Triggered by genetics and environment



The Gluten Sensitivity *HYDRA*



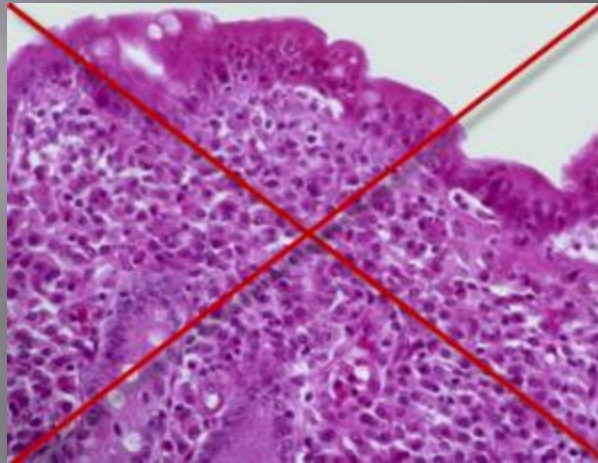
Treating these symptoms with medicine does not resolve the origin of a patient's problem...

Lie #5 – Lab Testing



Lab testing is
accurate?

Diagnostic Flaws of Biopsy



The study provided evidence that children who are EmA positive have a celiac-type disorder and benefit from early treatment despite normal mucosal structure, indicating that the **diagnostic criteria for celiac disease should be re-evaluated.**

Source: [J Pediatr. 2010 Apr 16.](#)



Celiac Disease without Villous Atrophy in Children: A Prospective Study.

“The study provided evidence that children who are EmA positive have a celiac-type disorder and benefit from early treatment despite normal mucosal structure, indicating that the diagnostic criteria for celiac disease should be re-evaluated.”

J Pediatr. 2010 Apr 16.



Flaws of Blood Tests

Reports from our clinical laboratory database show that **75% of children <2 years old tested for celiac serology who were found positive for deamidated gliadin peptide (DGP) antibodies had negative results for tissue transglutaminase IgA.** DGP levels were shown to decline and disappear without a gluten-free diet. This observation questions DGP's specificity for diagnosis of celiac disease.

Source: *Clin Vaccine Immunol.* 2010 May;17(5):884-6.



Diagnosing Gluten Sensitivity

- ▣ Blood tests

Common lab tests run by doctors to help diagnose celiac

disease

1. A

2. A

3. E

- ▣ 4. Small intestinal biopsy

Only diagnostic for celiac disease

- ▣ Not an accurate representation of the entire intestine or of extra intestinal damage

- ▣ Genetics

- ▣ Very accurate for

tial

Don't fall into this
medical no man's land!

an

nited

- ▣ Predictive antibody testing

- ▣ in development
- ▣ Used to monitor more than diagnose



Old School vs. New School

Serum Lab Testing for Gluten Sensitivity Inaccurate

1. A new study confirms more inadequacies in the accuracy of serum lab testing to diagnosis gluten sensitivity and celiac disease...

2. “

3. Reports from our clinical laboratory database show that 75% of children <2 years old tested for celiac serology who were found positive for deamidated gliadin peptide (DGP) antibodies had negative results for tissue transglutaminase IgA. DGP levels were shown to decline and disappear without a gluten-free diet. This observation questions DGP's specificity for diagnosis of celiac disease.



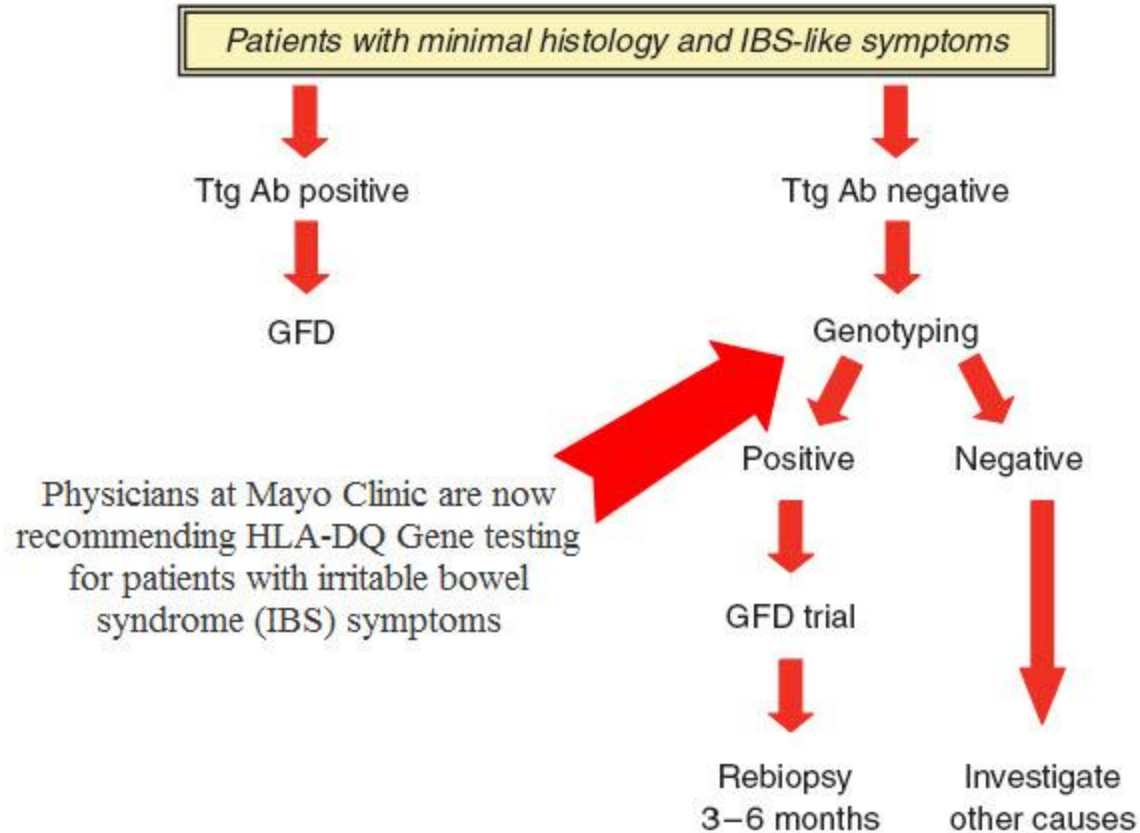
Source:

4. *Clin Vaccine Immunol.* 2010 May;17(5):884-6.

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References:

1. *Am J Gastroenterol* 2009;104:1587-94.
2. *J Gastrointestin Liv Dis* 2006. 15;3:221-25



Lie #6 – GMO's



GMO Foods are
Safe?

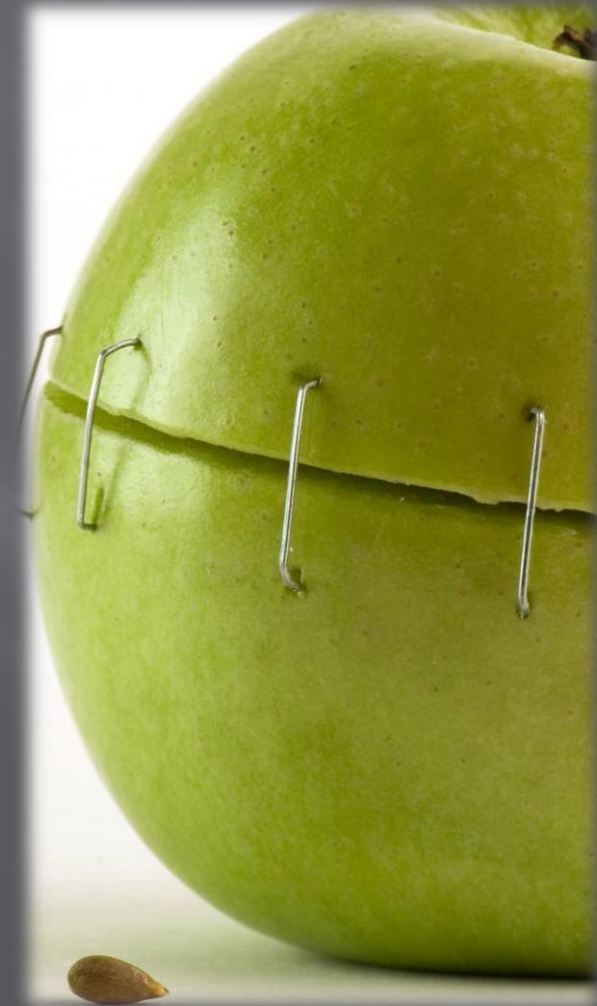
“One cannot achieve, obtain, or maintain good health by eating unhealthy foods.”

- Dr. Peter Osborne -



Frood...

- Aside from the possibility of reacting to real food...
- The FDA has approved approximately **3,000** food additives, preservatives, and colorings.
- The average person ingests **150 lbs.** of additives every year.
- Many commonly eaten foods are genetically modified or contain genetically modified ingredients.



Bovine Milk Caseins and Transglutaminase-Treated Cereal Prolamins Are Differentially Recognized by IgA of Celiac Disease Patients According to Their Age

FRANCISCO CABRERA-CHÁVEZ,[†] OFELIA ROUZAUD-SÁNCHEZ,[§] NORBERTO SOTELO-CRUZ,[#]
AND ANA M. CALDERÓN DE LA BARCA^{*†}

[†]Departamento de Nutrición y Metabolismo, Centro de Investigación en Alimentación y Desarrollo, A. C., Carretera a la Victoria Km 0.6, P.O. Box 1735, Hermosillo 83000, Mexico, [§]Departamento de Investigación y Posgrado en Alimentos, Universidad de Sonora, Hermosillo, Mexico and [#]Hospital Infantil del Estado de Sonora, Hermosillo, Sonora, Mexico

The prevalence of celiac disease (CD) has increased worldwide, which could be related to some dietary proteins in infant regimens and/or new food processes, affecting CD-predisposed infants and older children or adults differentially. IgA reactivity to human and bovine caseins, as well as yogurt caseins

mTG treatment increased reactivity to wheat and maize prolamins in patients with celiac disease...

Celiac disease (CD) is an enteropathy triggered by dietary proteins of wheat gluten and related cereals, which has increased to an estimated worldwide prevalence of 1–2% (1). Among the causes for the increase in the incidence of CD could be the use of infant formula feeding instead of breastfeeding and the early introduction of cereals in the diet, which have been related to the earlier onset of CD (2). Additionally, in recent decades, cereal food technology has changed to fast processes by which proteins are not degraded during manufacture, which could initiate or exacerbate CD in predisposed individuals (3). Another change related to CD (4, 5) is the increasing industrial use of microbial transglutaminase (mTG) for improving functional properties of dairy and bakery products (6).

CD is characterized by the presence of antibodies against gluten peptides, especially after deamidation by the tissue transglutaminase (tTG), which is also the autoantigen (7). Therefore, it was not rare that immunoreactivity of IgA from CD patients' to gluten proteins increased after mTG treatment (4, 5). In addition, some other dietary proteins, such as milk caseins and maize zeins, induced in a contact probe an inflammatory reaction in the CD mucosa of 50% of the patients (8) and were recognized by IgA antibodies from other

patients (9). The induction of inflammation as an early step that allows gliadins to cross the intestinal barrier in CD-predisposed individuals, and it might initiate the cascade of autoimmune reactions (10).

Although CD onset can appear at any age, there are some differences in the immune responses among infants and older children or adults. In young children, the cellular immune response is against amino acid sequences, which are not substrates for tTG, whereas in older children and adults, deamidation of the sequences by tTG increases the response (11). In a previous study (5), we found that reactivity of serum IgA from a 16-year-old celiac patient to gliadins increased after treatment with mTG, whereas the IgA reactivity of a 2.9-year-old patient was the same against gliadins, whether it was mTG-treated or not.

There are also age-related differences in CD manifestations. In children under 2 years old, CD is characterized by diarrhea and abdominal distension, whereas abdominal pain is more common in children older than 2 years old (12). Atypical features (e.g., affecting other organ systems) occur in patients with later onset of the disease (13). Additionally, D'Amico et al. (14) found that the onset of CD symptoms was mainly in the first to second year for nonbreastfed children, whereas it was in the second to third year for exclusively breastfed children. Therefore, we hypothesized that reactivity of serum IgA from CD patients, which is a manifestation of the immune

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Eating Out

Remember:

- Even “gluten free” restaurants are not truly gluten free.
- They will serve you substitute grains (other than wheat, barley, and rye).
- Corn, rice, millet, sorghum, etc contain gluten.
 - These grains have not been shown to be safe.
 - Many studies have shown them to be detrimental.
 - They are not served organically therefore contain chemical compounds.



Questions??

Dr. Peter Osborne

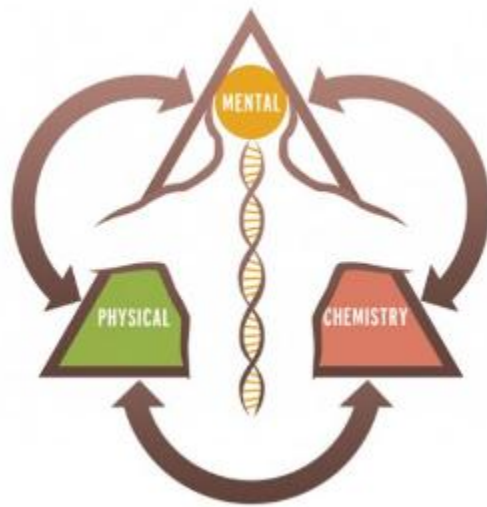
www.GlutenFreeSociety.org

www.Glutenology.net

www.TownCenterWellness.com

www.MyFunctionalMedicineDoctor.org

281-240-2229



Symptoms - What Doctors are obsessed with trying to artificially manipulate without ascertaining the causes and origins of disease.

There is a better way to restore health...If you are sick and tired of being sick and tired, apply the following principles...