

Celiac: Beyond Diet

by Margy Squires

In addition to a gluten-free diet, natural remedies may speed the healing process, especially when you reduce the inflammatory component of CD. Here are a dozen or so supplements and what they can do for you. Unless noted otherwise, follow label directions.



1 A comprehensive vitamin and mineral complex. A compromised nutritional state occurs due to damage or destruction of villi, diarrhea and digestive problems. Because grains contain so many B vitamins and minerals, you'll want a multiple with a full spectrum B complex, trace minerals and antioxidants (vitamins C with bioflavonoids, E and beta carotene). Suggestion: Multi-Gold™ which contains all of the above that you need and is gluten free.

2 Buffered C. A buffered C is a pH friendly vitamin C that won't upset your stomach. Take one with bioflavonoids for increased C utilization. Vitamin C and Alpha Lipoic Acid increase glutathione levels to help heal intestinal villi. Suggestion: Buffered-C or Alpha-C per label.

3 Alpha Lipoic Acid (ALA). According to expert Lester Packer, Ph.D., ALA helps increase glutathione when taken with vitamin C, which rebuilds intestinal lining. Suggestion: 100 mg a day, taken on empty stomach.

4 Essential Fatty Acids (EFAs). EFAs are anti-inflammatory and help heal and protect villi. Found in fish oils, flaxseed and evening primrose oil. Suggestion: Flaxseed Oil, Omega-3 Fish Oil and other oils that are cold-pressed without exceptents added.

5 Olive Leaf Extract (OLE). Choose a high strength oleuropein (20%) content. Helps to maintain a healthy GI tract. Often with digestive disorders, toxins that are not properly eliminated can be reabsorbed, increasing the inflammatory component. Plus, diarrhea often flushes out friendly bacteria needed to break down foods and a candida overgrowth can occur. OLE is effective against viruses, bacteria, candida and other parasitic problems. The addition of scFOS is also beneficial (#7). Suggestion: Olive Leaf Extract or Olive Leaf ESE™.

6 Acidophilus. Acidophilus. A probiotic that makes up the friendly bacteria in the intestines. Helps to reline the GI tract, especially with chronic diarrhea. Make it a healthy habit to take acidophilus at night before bed. Suggestion: Acidophilus ES™.

7 Fructooligosaccharides (FOS). This specialized fiber helps reline the GI tract and provides food for the friendly bacteria. Suggestion: NutraFlora scFOS, a patented fiber that will reach the GI tract where it is most needed.

8 Digestive enzymes. Adding digestive enzymes to help break down food (dairy, protein, carbs) more efficiently will lessen the burden on the GI tract, as well as reduce symptoms of gas, stomach bloating and nausea. Increases the nutritional potential of foods. Caution: People with ulcers or reflux should only take enzymes after consulting their physicians. Suggestion: Gluten Digest and Digesta-Care 8™ before meals.

COMMON FOODS TO AVOID

All Wheat, Barley, Rye, Oats
Byproducts of Wheat, Barley, Rye
Ale, Beer, Malts
Binders & Fillers
Dairy Products
Gravies & Sauces
Hot Dogs, Luncheon Meats
Hydrolyzed Veggie Protein (HVP)
Ketchup, Mustard
Modified Food Starch
Nondairy Creamer
Seasonings
Soup Mixes
Textured Veggie Protein (TVP)
Vinegars, Grain & White



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9 Systemic enzymes. Systemic (body wide) enzymes quench inflammation and help remove scar tissue that further aggravates healing. Caution: If you have ulcerations or bleeding complicating your CD, check with your doctor before using systemic enzymes. Suggestion: Fibro-Enzymes™.

10 Magnesium bisglycinate. Magnesium is often deficient in CD. Relaxes the GI muscle to calm down spasms, as well as directs over 300 cellular functions. Suggestion: Fibro-Care™ in a divided dose, up to 450 mg per day.

11 Calcium chelate. Osteoporosis is linked to CD due to poor nutrient absorption. Vitamin K is made by small intestines so availability is compromised. Take a quality calcium supplement that includes vitamins K, D and boron for better calcium utilization. Suggestion: Fibro-Care Cal™. [Note: A DEXA bone density test is also a good idea to check for osteoporosis.]

12 Whey Protein. Whey protein contains branch chain amino acids for essential protein. Although capsules are convenient, a powder formula will give you

more protein per serving and is easy to take in a nutritious shake. Suggestion: Fibro-Whey™, High Isolate, for maximum absorption.

13 B-12. Anemia may be related to poor B-12 assimilation. Suggestion: Choose a sublingual form (1000 mcg a day) or get B-12 injections to bypass the gut.

14 Acacia Fiber. Fiber helps with GI issues. Make sure you drink plenty of water. Suggestion: Acacia Fiber per label instructions.

15 Heal the gut. Allergens provoke inflammatory changes that can damage the organ(s) involved; in this case, the gut. Even non-symptomatic CD may cause damage that interferes with nutrient absorption and well-being. Naturopathic doctors in particular include healing the gut as an integral part of total patient wellness.

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