

## Book Spotlight

# Book explores CD vs. gluten intolerance

An excerpt from "Healthier Without Wheat: A New Understanding of Wheat Allergies, Celiac Disease and Non-Celiac Gluten Intolerance" by Dr. Stephen Wangen. For more information, visit [www.ibstreatmentcenter.com](http://www.ibstreatmentcenter.com).

### Is celiac disease the end stage of gluten intolerance?

It is often assumed that celiac disease is the final result of gluten intolerance. This is probably related to the assumption that celiac disease is the worst form of gluten intolerance and the most life-threatening form. Neither of these assumptions is based on what we actually know about celiac disease.

Will you eventually get celiac disease (villous atrophy) if you are gluten intolerant and you continue to eat gluten? We don't know the answer to this question. Because so much of the research is focused on celiac disease, very little is known about the development of other forms of gluten intolerance. But is it really all that important? Either way, damage is being done to the body and the consequences can be significant. People who are gluten intolerant should be strongly advised to avoid gluten. Whether or not they could eventually develop celiac disease is not the main issue. The consequences can be severe in either case.

### What are the symptoms of non-celiac gluten intolerance?

If you refer back to the list of conditions associated with gluten intolerance in Chapter 3, you'll notice that villous atrophy is just one of many types of damage that can be caused by gluten intolerance. Most of the other conditions apply to both celiac and non-celiac gluten intolerance. But villous atrophy (celiac disease) does not have to be present to experience most of these other problems. As listed in Chapter 3, the most common symptoms of gluten intolerance are these: diarrhea, constipation, heartburn, abdominal pain, headaches (including migraines), fatigue, muscle aches, joint pain, hypoglycemia, eczema, acne, mental foginess, anemia (iron or B12 deficiency), frequent illness, itchy skin, low bone density.

While many people may think of gluten intolerance primarily as a digestive problem, you can see that it has the potential to affect almost every part of the body.

### How many people have non-celiac gluten intolerance?

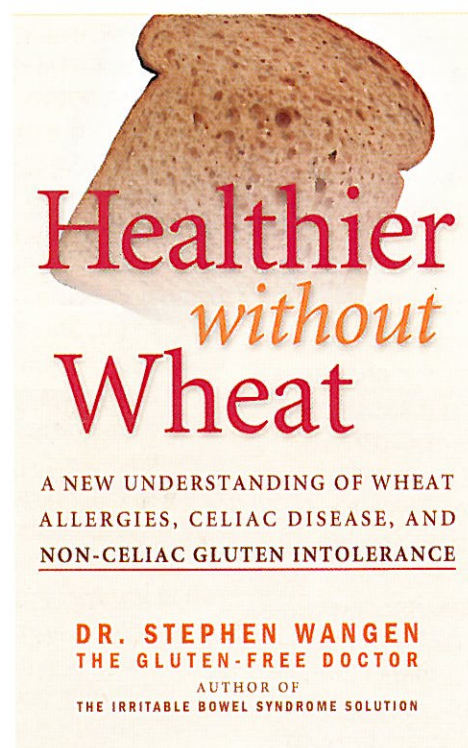
Many people, probably many millions of people, have a non-celiac form of gluten intolerance and experience one or more of these problems. Because the conditions associated with non-celiac gluten intolerance have more than one potential cause, and

because so little research has been done on non-celiac forms of gluten intolerance, it is difficult to say how often these symptoms are caused by gluten intolerance. It is possible that gluten intolerance is the cause far more often than most people currently suspect. Recent studies estimate that non-celiac forms of gluten intolerance are approximately 30 times more common than celiac disease and may affect up to 15 percent of the world's population.

### What goes wrong for these people when they see the doctor?

Many doctors still do not have a very good appreciation for celiac disease and often fail to test for it, even when the patient has the traditional symptoms of diarrhea and bloating. This lack of awareness is magnified hundreds of times when we're discussing the broader topic of non-celiac gluten intolerance. Extremely few physicians understand that non-celiac forms of gluten intolerance exist. If the patient has a negative test for celiac disease, then most physicians would consider that this result rules out all gluten intolerance and not pursue the issue any further.

Other tests likely to be run include a colonoscopy, endoscopy, parasite testing, standard blood tests, and possibly even an X-ray, ultrasound, MRI or CT scan. But none of these tests are capable of diagnosing a non-celiac gluten intolerance. After a lot of time and what might seem like a very thorough set of tests and



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The Gluten-Free Certification Organization (GFCO) is proud to announce the certification of products under the following brands:

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**Flax 4 Life**  
**Zrii**

**Montana Monster Munchies**  
**Gluten Free Gourmet**  
**Homemade Baby**  
**Linda's Gourmet Latkes**  
**Shandiz Foods**  
**Red Mango**  
**OATstanding**  
**EcoHeaven**  
**Jones Dairy**

New companies and products are being added on a regular basis. GFCO currently certifies more than 2,700 products from over 80 companies. To see a complete listing of the products certified by GFCO visit us at [www.GFCO.org](http://www.GFCO.org). Visit the site often as new products and companies are continually added.

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exams, the patient is still left without an answer. He or she may be given medications in an attempt to alter the symptoms, but no hope for understanding what's behind the symptoms or how to truly cure the problem. Some doctors will even blame stress or anxiety, which, unfortunately, can lead patients to believe that the problem is all in their head. But nothing could be further from the truth.

### Budget - continued from page 12

packaged food gets expensive, especially if you are purchasing specialty cookies or breads. By purchasing raw ingredients and cooking yourself, you get more food for half the cost.

**Main dish:** Buy less expensive cuts of meat such as beef round, sirloin tip, rump roast and pork loin and make use of your slow cooker. Or try meatless main dishes that focus on legumes or tofu.

**Produce:** Look for fruits and veggies that are in season. Buying in-season means you are getting the most nutritionally dense foods for the least money. During winter, try frozen vegetables or shop for produce on sale.

**Flour:** Find a flour mix you like or better yet, mix your own. Look through cookbooks to find an arsenal of a few quick and easy recipes you can fall back on without resorting to packaged goods. Chocolate chip

If doctors only knew how to test for non-celiac intolerance, then they could save many people a tremendous amount of suffering. Although most doctors aren't familiar with testing for non-celiac gluten intolerance, the irony is that the test is a fairly simple one that many of them are already running without even knowing that it can diagnose this problem. In fact, as many people have already learned, you can sometimes even determine for yourself if you have a gluten intolerance. Both of these topics will be discussed in the additional sections of this book.

cookies, foccacia, cake, and scones will often meet 90 percent of daily needs.

**Time:** Following a gluten-free diet is more time-intensive than the typical diet, so make time in your schedule to plan and prepare meals.

**Planned-overs:** Left-overs are always great but we are taking it one step further by preparing one item and using it several different ways. Make a large quantity of quinoa pilaf to accompany dinner and then use the "planned-overs" to create a vegetable-rich cold salad.

Taking the time to plan ahead and focusing on whole foods will help you save money when it comes to your food budget. Remember to avoid the novel and fun packaged items — just because you can eat them, doesn't mean you should. Your waistline will thank you later!

*Autumn Hoverter, MS, CN, is a certified nutritionist and graduate of Bastyr University. She is completing her dietetic internship to become a registered dietitian.*