



CHUNG INSTITUTE
OF INTEGRATIVE MEDICINE

GLUTEN SENSITIVITY/INTOLERANCE

If you are reading this, you have been diagnosed with either being gluten sensitive or gluten intolerant. Gluten is a protein contained in Barley, Rye, Oats and Wheat (BROW). Gluten can act like a sticky toxin in the body, attaching itself to different types of tissue and can cause inflammatory reactions. This can result in a multitude of symptoms, some of which include GI tract pain, diarrhea, pain in areas where gluten has attached itself to nerves, brain fog, depression and obsessive compulsive behavior.

In order to improve your symptoms, you will have to go on a gluten free diet. You must avoid all foods that contain barley, rye, oats, and wheat. Also, you must avoid any food that has been processed in the same plant or machinery as these four grains. Also, you will need to check any shampoos, lotions, toothpastes, make up items, and shaving creams you use. If they contain gluten products, please discard them and do not use them.

The best way to avoid gluten intake is to prepare your own meals and strictly control the ingredients that go into your food. Eating out is a particular challenge when on a gluten free diet. The best way of going about this is to go to a gluten free restaurant. This does not mean go to a restaurant with a gluten free menu, as there is commonly cross contamination with foods in the kitchen, If you should need to go to a regular restaurant, ask to speak with a manager or chef and inform them you have Celiac disease (you may or may not, depending on blood tests) and that you cannot consume gluten. This will ensure that they are extra careful when preparing your food.

There are foods that are labeled “gluten free” in most markets, but be careful about eating too much of this type of food. These items are generally junk food and may make you gain weight at a fast pace. Also, items labeled “gluten free” are labeled this way if they have lower than 20 parts per million of gluten in the product. Continual exposure to processed foods, even if “gluten free” may be detrimental to your health. If you are unsure if a certain item is causing you to be exposed to gluten, you may bring that item in a small, clear plastic bag and we can test you on the item in the office.

Here is Mayo Clinic’s guide on a gluten free diet. Please refer to these directions as an informal guide:

<http://www.mayoclinic.com/health/gluten-free-diet/my01140>