

Gluten Sensitivities



Baillie, Gee stated that, "if the patient can be cured at all, it must be by means of diet."

ture on celiac symptoms has changed. In fact, although there are many studies that identify a broad spectrum of

We may be seeing a rise in apparent cases of gluten sensitivity for many reasons. Speculation in the litera-

ature implies that while there may be genetic risk factors, our aging population is also consuming record amounts of wheat and gluten in our diets. In addition, popular US food consumption involves the ingestion of chemically altered gluten, and colon sensitizing agents like monosodium glutamate (MSG), aspirin and non-steroidal anti-inflammatories (NSAID's) which may increase the risk of sensitivity and/or allergy.

Over the past decade, it seems as though more people are being diagnosed with either gluten sensitivity or wheat allergy issues. At this point, even our grocery stores have gluten-free or wheat-free sections as these diagnoses are becoming more commonplace. Yet, an astounding number of doctors still miss diagnosing the symptoms of these conditions. Statistically, it takes an average of 11 years for a symptomatic adult with celiac disease to be diagnosed correctly. Patients with only subtle symptoms of gluten sensitivity are often never properly diagnosed.

Why this delay in diagnosis? Celiac disease was once taught to be a rare disease of children. Many doctors practicing today learned this in medical school and they're unaware of how the litera-



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Gluten sensitivity is not the same as a wheat/gluten allergy. The diagnosis applied to an individual is determined by the location and type of immunoglobulins affected. (Immunoglobulins are immune system proteins that function as antibodies attacking and neutralizing foreign material.) If the immunoglobulins involved are in the lining of the GI tract, then the issue is more a gluten sensitivity

issue. If the immunoglobulins are in the blood stream and are reactive to wheat proteins, it's usually considered a wheat allergy. Wheat allergies are more likely to give symptoms such as asthma and eczema, and some schools of thought would include arthritis and migraines as possible symptoms of wheat allergies.

Gluten sensitivity includes symptoms ranging from floating or oily stool, diarrhea, constipation and malnutrition (most especially iron

issues associated with gluten sensitivity, because the treatment is primarily a gluten-free diet and not a drug, most doctors aren't exposed to the literature surrounding gluten sensitivity issues. Gluten sensitivity, as a diagnosis, unlike celiac disease, does not receive drug company marketing, or drug company sponsored classes, and doesn't appear in medical journal ads. It's rarely a topic of major conferences or research grant proposals. It's a disease that's largely overlooked by many medical doctors.

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In the first century AD, Aretaeus of Cappadocia, a Greek physician, wrote about "celiac disease." He named it "koiliakos" after the Greek word for abdomen. Celiac disease was not really mentioned again medically for almost 1,700 years until Dr. Mathew Baillie, in the early 19th century, published his notes on adult patients with chronic diarrhea, gas-distended abdomens and signs of malnutrition. He suggested a treatment that advocated a rice-based diet. Seventy-five years later, the English doctor Samuel Gee, a leading authority in pediatric diseases, took full credit for the modern description of celiac disease when he gave a lecture to medical students on the celiac symptoms. Similar to



Pictured from left to right: Vicky (massage therapist), Dr. Lisa Patt, Dr. Erik Brown, Dr. Jenny Crosby, Brandon (Therapy CA), Michelle (Front Desk CA), Teresa (Office Manager)

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