

Todd Nelson: Hi, I'm Todd Nelson. I want to share with you how you can recover from too much gluten exposure over the holidays. Maybe you're gluten sensitive, or maybe you suspect you are. Maybe you've been trying really hard not to have too much gluten over the holidays because you know you're going to suffer because of it, or maybe you're currently are feeling bad because you did have too much and you got overloaded. Maybe you had some exposure to cookies and pie and cake and all the wonderful Christmas and Thanksgiving and Halloween goodies. These few months are what I call the "sugar/ gluten season." Hopefully you're not suffering too badly! I want to share with you three simple steps about how to reduce gluten reactions as quickly as you possibly can and how to prevent them from happening in the future.

I'm a Naturopath practicing in Colorado. I've seen many thousands of people over the last three decades and I see clients on a daily basis that have gluten sensitivity. Before we get into the three steps for reducing this toxic impact from gluten, let's talk about what symptoms you could be experiencing. You could be experiencing a lot of gut symptoms like bloating and gas. Some people even have severe reactions like diarrhea or even vomiting when they get too much gluten exposure. Constipation is another reaction for some people. You could just get gastric distress. For some people it only takes just a little bit of exposure, maybe only one food and they feel it for a day, or many days or even weeks afterwards. Other people it takes a few exposures that sort of stack up over time and finally, boom, you are not feeling good.

A big symptom is fatigue and brain fog. I have so many clients with gluten sensitivity that after they get an exposure, their energy goes down, they can't function very well, can't think very well, can't focus very well. They end up feeling lethargic and unmotivated, and can't stay really focused. Here we have a new year coming up, you want to be focused, you want to be going after your new goals and new resolutions and it's hard to do if your brain is not cooperating.

What about pain and inflammation? That's one of the biggest symptoms that shows up with gluten sensitivity. You can have pain anywhere in your body in response to gluten. Mostly, it tends to show up in headaches or in joints. You can get stiff, sore, swollen. It can affect one joint or multiple joints. This is a very common experience. Some people with fibromyalgia, for example, might get a combination of muscle aches and pains, fatigue, brain fog and gut problems, like irritable bowel syndrome that might even flair up with too much gluten sensitivity or gluten exposure. Other symptoms could be skin rashes and other kinds of allergenic symptoms.

You might have gluten sensitivity and you know it. You know that you eat it and you react. Or you might suspect it and say, "Gosh, I notice when I have a certain amount of wheat or gluten, I start to not feel well. I start having some symptoms. How do I find out about whether or not I'm actually gluten sensitive?" The good news is, there's some really great testing that we didn't have, even a few years ago that we now have that can reveal whether or not you're sensitive. Some people get

a celiac test, through a blood test from their doctor, but that doesn't reveal gluten sensitivity. In fact, 90% of the time it doesn't. It either says you have celiac disease or not, but there's gradations, if you will, of severity of sensitivity and that's what these tests will reveal.

The Cyrex lab test is a blood test that shows 24 different antibodies to gluten. It shows that you have low grade sensitivity to gluten. It also shows that you may have an autoimmune reaction to gluten. Most autoimmune diseases can be aggravated and some can even be caused by gluten exposure. Let's say if you already have rheumatoid arthritis or Hashimoto's thyroiditis, or lupus or some other kind of autoimmune disease and you went through the holidays and got some exposure and your pain, your inflammation, your fatigue and your brain fog went up. That's very very common. To really find out definitively if you are sensitive you can get the Cyrex panel done, or there's another lab called Vibrant America. They do also a very good job on helping you discover whether or not you're gluten sensitive. I use these labs in my practice every day.

What happens when you actually get exposed and you're not feeling good? The first step is to feel good as rapidly as you possibly can. How do you feel better fast? Let's say you have some exposure, your gut's not feeling that good maybe, you are burping, belching, gassy, and bloaty. One step you could try is doing a little baking soda in some water. You could do half a teaspoon, stir it up, and sip it down. See if you get some relief. This really rapidly alkalizes the stomach acid and it might give you some comfort quickly.

Another way to reduce the toxic reaction is to have activated charcoal pills with you. You can buy them in any health food store. This is a very safe, very harmless thing to do when you first become aware that you are reacting. You take four capsules with a big glass of water. You have to stay really hydrated when you take this. Here's how charcoal works; you have this inflammatory toxic response from gluten and you want to rapidly absorb those toxins and absorb that inflammatory response and move it out as quickly as possible before it's circulating throughout your body. Charcoal is a good way of doing that. Please know though that it's going to turn your stools really black so don't freak out about that. It's really harmless.

Another option is called liquid bentonite clay. Sounds good, right, drinking clay? But drinking clay water has been used as a therapy for many decades. You can find it in any health food store in a liquid suspension. You can take a tablespoon or two and then follow it with a big glass of water because like the charcoal, it's very absorptive. It's rapidly binding to different toxins and taking them out. You've got to stay hydrated, like I'm saying, when you're doing these kind of therapies.

Another thing to do is if you're already taking a probiotic, double it. Really go up on the dose. We've got about 100 trillion bugs in our gut and there's good guys and bad guys. Let's say if you've had an exposure to gluten; very rapidly, that whole gut environment can get altered and the good bacteria can go down, especially if you've had some diarrhea or some vomiting. You want to double your probiotics

both morning and night and rapidly increase the amount of numbers of good bugs in your gut. This can be very effective for getting you some relief.

What about the inflammation? How do you take down the inflammation real quickly? This is the important second step. Hopefully you're already taking a fish oil. Most everybody needs to be taking a fish oil supplement. I really recommend one with a high dose of EPA. There's EPA and DHA in fish oil. Those are the two oils that make up fish oil. When you take about 1,200 milligrams of the EPA portion, that's like putting a fire hose on the fire of the inflammation. You can spread that out through the day. In other words, you can do three doses of the fish oil throughout the day and help dampen down that inflammatory response.

There's a new product that I'm very excited about, I use very often in my practice with people that are going through inflammation of any kind. It's called Omegagenics SPMActive from a company called Metagenics. Omegagenics SPM Active, or SPMs, is an incredible discovery that just came out based on lots of worldwide research, especially coming out of Harvard, to help support proteins that are called Resolvins to help **resolve** the inflammation. It is made up of two derivatives from fish oil. It is harmless, non-toxic and it's really worth a try. You can take two caps three times a day with food. You can do that for a week or two and see if you are helped. If you are, then you can dial down the dose, maybe to two or three a day and see if you maintain well. I'm going to tell you how you can get this for 20% off at the end of the article.

Everybody knows about turmeric. That's a big thing these days for reducing down inflammation and of course, it's been used for thousands of years with food. The big thing is that with turmeric, you want to get one that's really absorbable in your gut. All the health food stores and online stores have highly absorbable curcumin extracts from turmeric. For example, there's one called Curcumin 95. There's one called Curamed and Curamin and the list goes on and on. The gut really likes this herb. It really dampens down irritation and inflammation.

What do you do to prevent a reaction when you eat out? You're eating out in a restaurant or you're eating out socially or you're going to a potluck and you're trying to pick and choose and you're trying to avoid gluten and maybe you educate your host that you're gluten sensitive but they don't get it, or somebody brings something that has something hidden in it and you get exposure. How do you prevent yourself from reacting and then having to deal with the fallout? There's an enzyme that actually helps break down or dissolve the gluten before it hits the small intestine. This is another Metagenics product called Spectrazyme Gluten Digest. You could take one to two capsules with meals. I recommend this to clients all the time, anytime you eat out. If you're controlling your food at home, wonderful, but when you eat out, you need some added protection.

Why? You've got to dissolve the gluten as fast as you can before it hits the small intestine. That's where it can start doing damage. It might even damage the gut lining to the point where you have leaky gut syndrome. This has been a really great

addition to my tool bag and has helped many people. This is not license to just go out and say, "Okay, I'm going to have some beer and some pizza and some spaghetti and some pastry and woo-hoo," you know, "I'll just take my enzyme and I'll be okay." Although it can be very helpful, there are still some molecules of the gluten that can slip by and still negatively impact your gut and set you up for all these symptoms we were talking about. But overall, the Spectrazyme Gluten Digest should help minimize the impact. I'll tell you how to get it at the end of this article.

Here's one other option for reducing the inflammatory reaction. It's a product called Inflammation Intensive Care. Suggested dose is one to two pills three times a day between meals. It works best on an empty stomach. This is a combination of turmeric and boswellia and a few other things that are very high quality and work very rapidly to dial down some of the chemicals that are the fallout from the reactivity of the gluten in the gut. When gluten gets in there, it might stimulate an immune response in your gut lining and that starts falling out into an inflammatory response that can circulate throughout your entire body. That's why you feel bad. The whole goal is, how do you dampen that down as quickly as you possibly can?

If you are getting damage in your gut lining from the gluten reaction, it can lead to leaky gut syndrome. Leaky gut syndrome is when the junctions between the cells of your gut get too open and they start absorbing large undigested molecules that then tag the immune system as a foreign invading agent. Then the immune system freaks out and you get an inflammatory response. How do you heal that and how do you prevent it from happening? This is the third most important step.

Maybe you've heard about drinking bone broth. Bone broth is this new craze, like it's a new super food, but the fact is, I was learning about bone broth when I was in Naturopathic school over 35 years ago, so it's not new. It's just sort of re-surfing. Why is that? It's got a lot of proline and glycine, which are amino acids that help repair the gut lining. Let's say you react, you're not feeling good, you can start drinking two or three cups of bone broth a day. You can drink it warm or cool.

One of the products I've used over the years with literally a couple thousand people is something called Glutagenics. Glutagenics is a combination of three things that help repair a leaky gut. It's another product from Metagenics. One is freeze dried aloe vera extract. One is a protein called glutamine, which is very important for, (imagine this), glueing the cells together- not literally- but supporting the cells to be healthy and strong so you don't absorb these molecules. Then there is DGL licorice root. This is a special processed licorice root that helps repair the gut lining, soothing it and keeping inflammation down. You can do a teaspoon in water twice a day. I recommend doing that for at least a month. You can do it longer if you really need some gut repair. It's pleasant tasting. You should try and keep it away from food. It works better that way.

I mentioned Probiotics before. On a daily basis, you should probably be taking 30 to 60 billion good bugs daily to replenish beneficial bacteria and keep that bacteria up. One of my favorite products is Ultra Flora Spectrum which has seven different

highly researched species at 30 billion bugs per pill. That's a really good maintenance dose of probiotics. It's another Metagenics product.

I've covered 3 different things that you can immediately start doing for yourself:

1. First is rapid relief.
2. Secondly, we're taking down inflammation.
3. Thirdly, we're trying to repair the leaky gut or the damaged gut that might have been fallout from the gluten exposure.

If you're interested in trying any of these products that I just mentioned to you, you can go to this website treeoflife.metagenics.com, you can get 20% off your first order and free shipping for a first time buyer, with products usually arriving at your house in two or three days.

I want to empower you to start off your year with feeling much healthier, being armed with safe, natural tools to combat gluten sensitivity. I wish you the best for 2017!

For a personalized health program I offer a free 15 minute consultation to determine which services are best for you.

Please visit our website www.tolwellness.com.

Thank you.