

# CELIAC DISEASE Fighting to Absorb Enough Nutrition

Weak and pale from fatigue, a woman waits patiently in the examination room for her doctor to return. She thinks she's just tired. But he has seen these symptoms before, and he knows better. His diagnosis: iron-deficiency anemia caused by celiac disease. Triggered by a sensitivity to wheat, rye, barley and oats, celiac disease also often causes gastrointestinal problems such as gas and diarrhea. The culprit: gluten, an ingredient of these grains that damages the small intestine, causing inflammation and impaired absorption of nutrients, explains Jerry S. Trier, M.D., professor of medicine at Harvard Medical School and senior physician at Brigham and Women's Hospital in Boston.

Although researchers are still figuring out the chemistry, some experts believe an enzyme deficiency results in the incomplete digestion of gluten, allowing the buildup of a toxic substance. This toxin then damages the mucosal lining of the small intestine, says

Jean Guest, R.D., former dietary adviser to the Celiac Sprue Association and former pediatric clinical dietitian for the Medical Center at the University of Nebraska at Omaha.

Like a sponge that no longer absorbs, the damaged mucosal lining can't soak up key nutrients, including iron, zinc, folate (the naturally occurring form of folic acid), magnesium and calcium, triggering diarrhea and fatigue, explains Guest. Even fat and fat-soluble vitamins such as A, D, E and K are passed through the body with only a portion of them being used, she says. In someone who has had celiac disease for a long time without the problem being diagnosed, calcium deficiency can result in the bone thinning disease osteoporosis, she adds.

## Food Factors

Because celiac disease is caused by a substance found in most grains, avoiding the offender is the top priority. Here is how it's done.

**Go on a grain watch.** Tossing out your sandwich bread and pasta is a big step toward becoming gluten-free. But maintaining your independence from wheat, rye, barley and oats also requires careful reading of food labels. Many processed foods use wheat for a variety of purposes, such as for filler and flavoring. It may appear on the label as "hydrolyzed vegetable flavoring" or "textured vegetable protein," explains Jerry S. Trier, M.D., professor of medicine at Harvard Medical School and senior physician at Brigham and Women's Hospital in Boston.

Sometimes the label won't give you even that much of a clue, says Jean Guest, R.D., former dietary adviser to the Celiac Sprue Association and former pediatric clinical dietitian for the Medical Center at the University of Nebraska at Omaha. Without any warning, flour is applied to chewing gum and corn tortillas to keep them from sticking to foil wrappers and conveyor belts during manufacturing. Even foods that have been cooked in restaurant deep fryers and grills that have been used to cook other foods with wheat-containing breadings and coatings can provoke a reaction, she says.

"For these reasons, it's a diet that is hard to maintain," says Dr. Trier. "Even some pharmaceutical drugs contain wheat used as an extender."

**Mind your moo.** Many people with celiac have yet another food sensitivity: They are unable to digest a sugar in milk called lactose. For this reason, some doctors suggest going easy on dairy products until your recovery is complete, says Dr. Trier. "You can have cream in your coffee, even milk on your rice- or corn-based cereal, but it's a good idea not to overdo with dairy products for a while," he says. Once you've healed, you should be able to eat as much dairy as you like, provided you don't have lactose intolerance. (You'll know that you have this problem if dairy products give you gas.)

## Prescriptions for Healing

The key treatment for anyone with celiac disease involves eliminating problem foods.

Many experts also advise taking these nutrients.

### **Nutrient Daily Amount**

Calcium 1,000-2,000 milligrams

Plus a multivitamin/mineral supplement containing the Daily Values of all essential vitamins and minerals

*MEDICAL ALERT: If you have celiac disease, you should be under a doctor's care.*

### **Dietary Detective Work Pays Off**

In most cases, treatment involves avoiding gluten, which isn't always easy. Even the glue on some envelopes contains gluten. "Some people are exquisitely sensitive to gluten, and even a minute amount such as envelope glue can cause a reaction, although that's not usually the case," says Dr. Trier.

But the effort needed to avoid gluten can be worthwhile. Once gluten is no longer included in the diet, nutrient absorption problems quickly disappear. In a yearlong study that looked at whether a gluten-free diet could help children with celiac, researchers found that the bone growth of those on a gluten-free diet was faster than that of healthy children. Since the children with celiac were behind their counterparts in bone growth, the exclusion of certain grains prompted their bodies to play catch-up. Since a gluten-free diet is strict, it's wise to take a multivitamin/mineral supplement to make sure you get all of the nutrients you need, says Guest.

### **The Case for Extra Calcium**

And since calcium absorption can be dramatically reduced by celiac disease, Dr. Trier recommends calcium supplements for many of his patients.

"It's a good idea," says Dr. Trier. "People are often calcium-depleted when they're diagnosed." In most cases, Dr. Trier says, 1,000 to 2,000 milligrams a day is enough to rebuild calcium stores. The Daily Value for calcium is 1,000 milligrams.

## **High Cholesterol**

Suggestions to get to the root of the problem rather than take a drug (with undesirable side effects) that does nothing but mask the symptoms ...

### **1. Diet:**

a. Eliminate the following foods from your diet:

- i. Fried foods
- ii. Roasted nuts & seeds
- iii. Margarine

b. Reduce animal fat

c. Increase soluble fibre:

- i. Oat bran, oatmeal, cabbage, apples
- ii. Shaklee Flax Fiber Concentrate (in Canada), Shaklee Fiber Plan (in U.S.) make sure to drink 2 cups of water with every tablespoons of concentrated fiber ... otherwise you might become constipated)

d. Consume Raw Soy Protein ... has many healthy heart benefits including lowering cholesterol

e. Supplement with Vita Lea GOLD ... contains 50 mg NAC which helps reduce cholesterol

f. Supplement antioxidants which help prevent the oxidation of LDL cholesterol and protects the arterial walls from free radical damage:

- i. Vitamin E
- ii. Vitamin C
- iii. CarotoMax (U.S.) / Advanced Beta Carotene PLUS (Canada)
- iv. FlavoMax (U.S.)

g. Supplement with Alfalfa ... contains the fibers called "saponins" which soak up cholesterol like a sponge, to be removed with waste

### **2. Lifestyle:**

- a. Manage stress (use Stress Relief Complex if high cortisol is an issue)
- b. Exercise consistently (rebounder exercise is recommended)
- c. Use an infrared sauna (aim for 3 times a week ... 30 minutes sessions)
3. Include essential fatty acids (EFAs) in your diet DAILY (EFAs help to emulsify the plaque in the arteries)
  - a. 2 to 3 tablespoons milled Flaxseed
  - b. 3 to 6 Shaklee OmegaGuard
  - c. 3 to 6 Shaklee Lecithin capsules
4. Guarantee Bowel Frequency (use Shaklee Herb Lax and Shaklee VitalMag). If bowels are sluggish, the cholesterol cannot get away in waste quick enough, and can be reabsorbed back into the bloodstream.
5. Check your Glucose Blood Serum Level ... if it high, use Glucose Regulation Complex & reduce the carbohydrates in your diet
6. Have your homocysteine level checked ... if it is high, use more B Complex and Mental Acuity
7. Take Probiotics (Shaklee OptiFlora) ... reduces cholesterol reabsorption into bloodstream from the bowel
8. Be good caretakers of your liver ... do bi-annual liver flushes and use Shaklee Liver DTX daily.
9. Use Garlic ... which is reported to dissolve plaque and lower plaque-forming lipids that clog arteries
10. Use CoQHeart (U.S.) / CoenzymeQ10 (Canada) daily ... it helps regulate cholesterol by reducing the oxidation of LDL cholesterol
11. If you have done all of the above and still want extra help, take Shaklee Cholesterol Regulation Complex ... 2 with each meal (it contains two active ingredients that inhibit absorption of dietary cholesterol. Clinical test results show an increase of up to 37% of HDL within 3 months and 15% reduction of LDL levels.

## **Products containing gluten from Shaklee 2006**

The following information is based on ingredients that contain gluten. Although products not listed are likely to be gluten-free, we do not make that guarantee, because we do not test for the presence of gluten. While a number of products on the market claim to be "gluten-free," there is no legal standard for such labeling, and testing for the presence of gluten is not required to make the gluten-free claim. Marketers of gluten-free products may base the claim on the presumption that, since ingredients in the product do not contain gluten, the product is gluten-free. However, consumers sensitive to gluten should be mindful that "gluten-free" products made in equipment and/or facilities that also make gluten-containing products can contain gluten through cross contamination.

Therefore, individuals who are severely sensitive to gluten should confirm that so-called "gluten-free" products are substantiated by tests showing that gluten is not present in the product.

### **Shaklee Products that contain gluten**

#### **Food and Nutritional Supplements**

Product Source of gluten

Carbo-Crunch Malt extract from barley

Herb-Lax Dried malt powder from barley

Iron plus Vitamin C Barley flour

Zinc Barley powder

Vita-E 100 IU plus Selenium chewable Wheat germ flour

Vita-E 400 IU plus Selenium Wheat germ flour

#### **About oats**

Individuals with gluten intolerance have generally been advised to stay away from oats. Recent studies have found, however, that gluten intolerance is caused by the intestine's immunological reaction to a very specific sequence of amino acids in one of the proteins commonly found in certain grains. Oats do not contain this reactive protein sequence and are therefore considered to be gluten-free when consumed in moderation. For the record, dietary supplements containing oat-derived ingredients are:

Product Source of gluten

Multi-Munch Oat fiber

Fiber Plan Daily Crunch Oat bran

Fiber Plan Daily Mix Oat bran

MoodLift Green Oat extract

#### **Enfuselle Skin Care Products**

Oat-derived beta glucan is present in Enfuselle products with the exception of Calming Complex, which utilizes yeast-derived beta glucan, and C+E Repair, which does not contain beta glucan.

#### **Other personal care products**

Most do not contain gluten-containing ingredients. However, such products as lipsticks and cleansing bars contain ingredients from oats and/or wheat. If you are severely sensitive to topically applied products that contain gluten, please examine the ingredients listed on product packaging.

Doing [Life Intentionally Together](#)

#### **Household Cleaners**

Do not contain gluten-containing ingredients.

Best wishes for good health.

Your Friends at Shaklee

This information is educational in context and is not to be used to diagnose, treat or cure any disease. Please consult your licensed health care practitioner before using this or any medical information.

## Testimonies

# Celiac Disease (Gluten Intolerance) *Vivix* Testimonial

By Rick Hill

From my earliest memory, I had headaches almost daily until I was 54 years old. As a child my health was not very good. I have a report card from the first grade (see attached) indicating I missed one day out of four. By the time I was 23 years-old, I had stage three cancer and nearly died. Fortunately for me, I discovered a nutritional clinic in Mexico and Shaklee products. Even though I had conquered cancer, the headaches, poor digestion (frequent diarrhea, gas, and bloating) and my unique ability to clear an elevator in just a few floors... continued.

Even during the five years I was on an almost all raw diet, fasting three days a week and swallowing enough Shaklee vitamins to make me a Master Coordinator, the headaches and malabsorption problems persisted. My biggest frustration was that no matter how organic I went, no matter how much I exercised, I still felt lousy most of the time. Like the Apostle Paul, who complained about his “thorn in the flesh,” mine turned out to be a pain in the butt.

When I was about ten years old, I opened a medicine cabinet at my dad’s house and counted six bottles of *Kaopectate*. My father, my brother Sam (Sam Hill, honest), and my sister complained about digestion problems and all died young. By the time I hit 54 years old, my feet and legs were beginning to swell and I figured it was just the Hill curse... and I’d be next. I bought life insurance and stopped buying green bananas...

It wasn’t until November of 2004 that Debi D’Iorio dragged me to an ENT specialist in Rhode Island who, she said, “can diagnose anything.” Dr. Murdocco, a short Italian immigrant in his late 70s entered the exam room, glanced at my file, and asked me two questions:

Dr. M: “*Hmmm, I see we are spending our spare time in the bathroom, are we?*”

Me: “Haven’t seen you in there, Doc, what time do you go?” Not even a grin.

Dr. M: “*Are you English or Irish?*”

Me: “I’m a mutt, both.” He shuts my file, throws it on the counter and says,

Dr. M: “*You have Celiac Disease.*”

Me: “That’s it? No tests? You just know?”

Dr. M: “*I’ll spend your money. Want some tests?*”

Me: “Well at least one!” (see attached). Is there an enzyme or prescription I can take?”

Dr. M: “*Nope, here’s a diet sheet—stop eating anything with flour or grains—PERIOD!*”

For six straight weeks I stayed on the diet without cheating but without any results and it was discouraging. Then sometime late in the sixth week, I woke up one morning without a headache, and the next day... and the next day!

Although I was so much better if I stayed on the diet, I still did not have normal digestion, not even close.

In 2009, I moved to San Diego. Master Coordinator Barbara Hill Behar suggested I join our daughter Heather, who is a Gold Ambassador, in her Shaklee business. We formed *Hill Distributing* and in addition to the *Vita Lea* I was already taking, I ordered *Vivix* and *Vitalizer*—just to be a good team member. In less than two weeks, my whole digestive system *reorganized*. I have regular digestion and elimination for the first time in my entire life!

Elevators, here I come.

## TESTIMONY – CELIAC DISEASE

Good Morning. Today I would like to start by quickly sharing my health story with you. I have only ten minutes to share, so I will just give you the short version so I can get to something so exciting that it could change your life or the lives of people you know!

To summarize, I was sickly for years and missed a lot of school. At age 20, my health got much worse. And then after the birth of my first child at 25, I had a major decline in my health with weight loss, major abdominal and GI pain, and many “weird” symptoms. I had days I was too weak to take care of my child or even myself. I was diagnosed by Atlanta doctors as having Rheumatoid Arthritis, Endometriosis and Lupus. A year later, I went to the Mayo clinic in Rochester for a month with Matt. There, they discovered thyroid disease, Raynaud’s syndrome and neuropathy, Autonomic disease, CFS, chronic gastritis, Chronic Pancreatitis, Anemia, and malabsorption and later, I was diagnosed with Crohn’s disease & asthma.

So I was on 20 different medications for these disorders and I wasn’t getting better. In fact, I was on a speedy decline. My family was very concerned that I would not make it through. Finally, I decided to give alternative medicine a try and tests found that I had Celiac disease and many food allergies. THIS WAS PROBABLY THE CAUSE OF ALL OF MY HEALTH PROBLEMS! I was literally starving to death because of the malabsorption and damage to my digestive system and other organs. I was started on a massive amount of supplements and nutrients and made major changes in my diet.

**The Shaklee supplements made all the difference in my health. Because they are so concentrated and so highly absorbable, I was able to correct my deficiencies rather quickly. I tried other health food store brands, and I was not able to absorb them well...With Shaklee supplements, I felt a difference in my energy levels in 30 minutes! I started sleeping better and my blood work improved dramatically.**

**People started commenting on how my coloring and my skin had improved. My body was repairing itself! Today, I have more energy, only occasional bouts of symptoms when I am not taking care of myself, and I rarely get sick!!**

I want to talk to you about celiac disease. It is a chronic inherited intestinal disorder in which the body cannot tolerate gluten. Gluten is a protein in wheat, and other grains. When people with celiac eat foods containing gluten, their immune systems respond by damaging the lining of the small intestine. The small intestine is responsible for absorbing nutrients from food into the bloodstream for the body to use. When the lining is damaged, so is the ability to absorb these nutrients.

Celiac disease was once thought to be a childhood European disease (it is the most common European genetic disease). It is most common in women. It can begin in infancy or childhood with GI symptoms or later in life. Many diagnosed later in life may have no gastrointestinal symptoms. Many adults, such as myself, spend years being misdiagnosed and are commonly told that they have irritable bowel syndrome. The typical gap between symptoms and diagnosis is 12 years.

Celiac disease affects people differently. Some of the most common symptoms are diarrhea, constipation, bloating, cramps, gas, weight loss, weakness, fatigue, bone pain, tingling and numbness in hands and feet, even skin rash. There are many other symptoms ranging from thyroid disease to ADD & behavioral disorders, to depression, and even social withdrawal. Irritability is the most common symptom among children.

Some doctors suggest that those with Autoimmune disease or even if someone in their family has it, they should get tested for this. The incidence of celiac disease in various autoimmune disorders is ten to thirty times more common compared to the general population. H.R. Green, M.D. of the Columbia University Celiac Disease Center says it, “should be shouted from the rooftops” that early diagnosis is

protective because the duration of exposure to gluten determines the rate of autoimmune disease... He said that Europeans know to look for celiac disease, but that American doctors drastically underdiagnose the disease.

People with celiac disease must stay on a gluten free diet for life or risk damaging their small intestine and further losing the ability to absorb nutrients. Many of my celiac friends were first diagnosed with Fibromyalgia, ADD, Lupus, Addison's, Thyroid dysfunction, Irritable Bowel Syndrome, liver disease, diabetes, and Crohn's Disease. It is just not well known that this reaction to gluten can cause such varied health problems.

Now, when considering a supplement plan for celiac or related problems, it's important to look at the quality, potency and efficacy of the products.

**I chose Shaklee because they are all natural, food-derived, and clinically proven to work. Absorption, especially for celiacs, is key.** And no other line of products are more absorbable than Shaklee's. They are guaranteed to get to the bloodstream in 15 minutes! And no one in the industry does the rigorous testing that Shaklee does!!! Every batch of raw materials has been tested and proven. The integrity of this company is unmatched in the industry! For those with celiac, gluten intolerance, OR IMMUNE PROBLEMS I recommend supplementing with easily digestible protein, such as Shaklee's soy protein. ALSO IMPORTANT IS Super Cal Mag Plus, Vita Lea with iron, BComplex, Alfalfa, Fish oil, EZGest and fiber plan tablets AND SOME OTHERS.

But what I am really excited to share with you all today is that aside from diet change and supplementation, we now have another important tool in our arsenal for autoimmune disease, allergies, and infections. It is a product that only Shaklee has to offer the world!!! It's an exclusive Natural Immune balancing product created by the discoverer of interferon, Dr. Yasuhiko Kojima WHICH HAS BEEN REFERRED TO AS ONE OF THE GREATEST DISCOVERIES OF ALL TIME! In 1954, Dr. **Kojima discovered interferon**; a substance the immune system produces to help protect itself from harmful invaders. During his studies, Dr. Kojima observed that a weakened or malfunctioning immune system produces less interferon. His discovery was used by pharmaceutical companies to produce synthetic drugs to treat cancer.

These drugs are extremely toxic.

And because he was a believer in using nature to heal & also because he felt it is always better to get our bodies to do their job SAFELY, He **devoted himself to finding a NATURAL way to boost the body's capacity to make its own interferon.** These 40 years of research led to his breakthrough botanical blend—**NutriFeron**.\*

FOUR PUBLISHED human Clinical studies show the extraordinary health and immune protection benefits of the blend of plant extracts found in NutriFeron. Shaklee and other experts agree that this product may be the biggest supplement innovation ever in immune health!

In closing, I just want to relay that we need to get the word out about the increasing occurrence of not only celiac disease, but all immune problems. HEALTH AUTHORITIES AGREE THAT THE BIGGEST HEALTH CRISIS OF THE 21<sup>ST</sup> CENTURY IS IMMUNE PROBLEMS. IN FACT CANCER IS THE 2ND LEADING CAUSE OF DEATH. AUTOIMMUNE DISORDERS ARE ON THE RISE. ASTHMA RATES ARE HIGHER NOW THAN EVER BEFORE. THE AVERAGE PERSON GETS 4 COLDS/YEAR! And now that we have this clinically proven Immune support product, we can share the hope of health and possibly help THOUSANDS OF people! I am so excited about what this could mean for those dealing with immune problems, anyone with food or environmental allergies, and those concerned about prevention! THIS IS A REVOLUTIONARY PRODUCT THAT IS DR. KOSHIMA'S LIFE'S WORK-HIS MASTERPIECE---AND IT IS CLINICALLY PROVEN TO WORK!!

*This information is not intended to replace medical care. This information is not intended to diagnose, treat or cure. This report is not to be used as a substitute for appropriate medical care and consultation, nor should any information in it be interpreted as prescriptive. Any persons who suspect they have a medical challenge should consult their physicians/pediatricians for guidance and proper treatment*