



WORKBOOK

THE GLUTEN DILEMMA

YOUR GUT HEALTH AFTER GLUTEN

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INSTRUCTOR



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Thank you for purchasing the webinar this is your personal workbook.



BOUNTIFULLY HEALTHY **OVERVIEW**

The Gluten Dilemma is a series of online presentations. I am a Certified Health coach, specializing in Gluten Intolerance and Celiac Disease. I help people who are struggling to adapt to a gluten-free lifestyle to make healthy, sustainable lifestyle changes so that they don't have to feel anxious and overwhelmed.

These workshops are about helping you to get started on your new "normal": a life without gluten. Each webinar will cover a different topic, so you can pick and choose which one you want to attend according to where you are in your personal journey and what interests you.

Afterwards, if you feel like you want to delve deeper and learn more about how I can help you on a personal level as your coach, you are more than welcome to contact me.

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INTRODUCTION

My experience:

After I had removed gluten from my life, I continued to struggle with many health issues mainly due to intestinal permeability and the damage resulting from gluten.

However, this is what caused me to research anything and everything I could get my hands on and so I began my journey to health.

It took me years to clean but I learned so much in the process.

Studying to become a health coach only cemented the facts I had come to assimilate over the years and further studying and training this year to become a nutrigenetic practitioner also opened up another whole new world.

THE COGS

Let's talk a bit about the human body.

I want you to imagine a system of cogs. Each cog turns another cog which in turn also allows other cogs to turn. They all work together in perfect unison.

Now remove one of those cogs and what happens? Everything stops turning and working. They all need each other to turn.

The body is like that. Everything is designed to work together in harmony. If one system is out, the rest are not able to work to their best ability. Maybe it will have to work harder to make up for the other systems that are not working.

BOUNTIFULLY HEALTHY **NUTRITION**

What is Nutrition? How is it different from Diet?

Nutrition refers to the quality of the food you consume. It is the process of utilizing food for growth, metabolism and repair of tissues.

Diet refers to the total amount of food consumed by individuals. Diet and nutrition is a 2 way process. Your health status can be affected by nutrient deficiency and vice versa. Nutrients are divided into two categories: macronutrients consisting of proteins, carbohydrates and fat; and micronutrients consisting of vitamins and minerals.

The food we give our bodies can help it to function, survive and thrive or it can contribute towards towards disease and unfavorable conditions in the body.

This also includes water intake. Most people don't drink enough water. Water is vital for so many functions of the body. A micronutrient-dense, high-fiber diet with sufficient water intake and high-quality protein, along with avoidance of saturated and trans-fat, sugars, refined flours, high-fructose corn syrup, and processed foods, is believed to have a protective effect regarding intestinal dysbiosis.

EXERCISE

Exercise beneficial for so many things including managing weight, preventing disease, building muscle, strength, flexibility, keeping our heart strong and our bodies and minds working effectively, liver function, digestive function and metabolism as well as cognitive activity.

It has a role in the immune function.

Take for example the T cell. It is a key immune cell in the body. This lymphocyte is largely responsible for the adaptive immune response when a new pathogen or virus makes it way into the body. Vigorous exercise has been found to negatively impact the presence of T cells and regular or moderate exercise has been found to increase the T cell production. The result is an improvement in immune function.

Lack of exercise is known to be a leading contributing factor towards such things as obesity, Cardiovascular diseases, hypertension, depression, stress, and many more conditions.

SLEEP

Sleep is as necessary as water and food. It is a critical part of the body's repair process, general biological function and even gene expression.

When we sleep the body reduces movement and heart activity, reduces responses to external stimuli and reduces breathing rate.

When we don't sleep enough, we age faster, have poorer cognitive function like slow thinking, reduced attention span, fatigue, poor decision making and poor memory.

The center for disease control and prevention recommends at least 7-9 hours per night.

Adequate sleep can improve hormone function, regulate the appetite and metabolism and how the body responds to stress.

There is a strong link to inadequate sleep and high blood pressure, being overweight, type 2 diabetes, and mental health and cognition problems.

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GENETICS

DNA is a double helix that contains the entire genetic code of an organism. It houses the instructions for each cell's development and functions via nucleotide bases which are made of nucleic acids that link to one another. These bases can be read through a multi step process of DNA transcription and RNA translation to create proteins acting within a cell in other areas of the body.

We are all born with 99.9 % of the same genes but 0.1% of those genes is what sets us apart as unique. Some of those genetics are inherited and others are variations or mutations in the genetic code either from a duplication, removal or insertion of a genetic sequence during translation or transcription. There are common locations along the DNA where a single coded nucleic acid can differ by individual and they are referred to as single nucleotide polymorphisms (SNP)

The benefit of using DNA to understand the body is that your DNA does not change. Specific SNP's can be identified through genetic testing that determine whether you have favorable or unfavorable combinations of nucleotides that can signal how your body functions.

We cannot change our genes, but we can change how they express themselves. Our genes can be influenced by our diet, exercise, sleep, stress, environment and lifestyle.

STRESS

This is such an important topic that I will be giving a separate presentation on this as it is known that it is stress of some kind that activates the celiac genes.

The body's stress response is regulated by the HPA axis which makes up the hypothalamus, pituitary gland and adrenal glands. When the body encounters a stressful situation, the hypothalamus responds by secreting two hormones: CRH which is corticotropin-releasing hormone and AVP arginine vasopressin. Together these release a third hormone from the pituitary gland called ACTH which is adreno-cortico-tropic hormone. This ACTH then stimulates the adrenal glands to release cortisol.

Short term cortisol is beneficial because it can increase metabolism, reduce inflammation, control blood sugar, improve memory and contributes to the fight or flight response of the autonomic nervous system. But when it is activated long term, when it doesn't switch off called a negative feedback loop it can weaken the immune system, increase blood pressure and contribute to the development of chronic health problems like cell damage, immune dysfunction, nerve and digestive issues and others.

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MEDICATIONS

Many medications come with side effects that cause other problems in the body.

Antibiotics are one such one. Antibiotic means anti-life. It is known that antibiotics destroy both good and bad life in the body and that it upsets the healthy gut microbiome. Which in turn lower immunity and makes you more vulnerable to infections. Which means you get sick and so go on another course of antibiotics, further exacerbating the cycle.

It can take a long time for your gut to recover and from a course of antibiotics and sometimes even taking probiotics along with it is not enough to reestablish healthy gut bacteria.

The advice from many is to let the common cold run its course. Those who run off to the doctor at the slightest sniffle or cold and who take antibiotics are routinely more often sick than those who let it run its course, rest, drink plenty of water, take natural medications like Vitamin c, echinacea, zinc, magnesium and plenty of fruit and vegetables.

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LIFESTYLE & ENVIRONMENT

Lifestyle:

Numerous studies and research clearly show that drug abuse whether recreational or pharmaceutical; excessive alcohol consumption, smoking, can all cause many health problems both physical and mental and can accelerate aging.

Environment

Our environment plays a huge part too. Living in a city and breathing in pollution everyday can be hazardous to your health, causing oxidative stress which can lead to disease.

Some of those pollutants we unknowingly use in our own homes and on our own bodies. Our washing powders, cleaning agents, body and face products, cosmetics . From the Harsh chemicals we use on our skin to the fumes we breathe in. – all of it to some degree affects our health.

SO WHAT DOES THIS ALL MEAN?

Making changes is never easy. As humans we like things to stay the same, it is what is known as homeostasis. A state of being comfortable, at ease. Change is hard. That is why it takes so long to form new habits and break old ones. It takes time and it doesn't happen overnight.

As a health coach, part of my job is to help people make sustainable health changes in all these areas.

That is why when you get diagnosed with Celiac disease, going off gluten is really only the beginning.

Your body, especially your gut has been the target of damage and in the process many of those cogs have suffered collateral damage.

Repairing the gut is about much more than just nutrition and supplements.

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MY APPROACH

My approach is one of a holistic approach that takes into account your health history, your family health history, your stressors, emotional well being, mental well being, genetics, diet, nutrition, sleep hygiene, other conditions, environment, lifestyle, medication, exercise and so much more.

It is a process to look at every aspect and correct the balance by means of elimination, addition or change.

I work with you over zoom calls and you will get access to all my resources including PDF's to help you, assignments, worksheets. Since I work internationally I only have a local referral base, but I will offer guidance and direction on what healthcare providers like a functional medical practitioner, dietitian etc you should see at different stages as well as suggested blood tests.

Since I am an accredited analysis practitioner, you can get any genetic nutrigenetic or pharmacogenetic testing done through me. In other parts of the world the company is Dna life. We have the feedback consultation over zoom as well.

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QUESTIONS

I'd like to bring you information that YOU want to know more of...so please use this opportunity to send me a list of questions you have and I will consider answering them either in a future webinar or on my instagram/facebook page.



Click on the icon to email me directly with any questions you may have

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RESOURCES

I always do my research and try stay up to date with the latest news regarding this condition. I get my information from **reputable and reliable sources** such as medical journals/papers/studies and at any time you are welcome to ask me for the links. Reading these medical journals can be quite brain taxing as the jargon is often difficult. I like to take what I read, make sure I understand it first and then translate it into a relatable and easy to read blog post, instagram post or video.

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Celiac Disease and Genetics



An Introduction to Gluten Intolerance
And Celiac Disease

THANK YOU!

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