

Dear Jacquie

Your queries about natural health answered by **Jacquie Lane** from the College of Naturopathic Medicine

I think I have celiac disease as every time I eat bread or pasta I get a very bad reaction. Is there any way of knowing that doesn't involve a camera down the throat and a biopsy, which is what the GP suggests?
AL, Patcham



Eating gluten like that found in bread can cause a reaction if you have celiac disease

Celiac disease is an auto-immune disease where the protein in gluten grains which include wheat, rye and barley, triggers an autoimmune reaction. Eating gluten damages the lining of the small intestine and causes many different reactions including severe bloating and diarrhoea/constipation and pain, weight loss, hair loss and fatigue plus nutritional deficiencies and many other symptoms. It frequently gets confused with IBS and wheat intolerance and therefore the correct diagnosis through testing is important.

There are a couple of ways of testing for antibodies to gluten, which would show in celiac disease. (Antibodies are proteins your body produces in reaction to 'harmful invaders'.) One is a stool test, the other is a blood test. The least invasive is the stool test. You have to keep eating gluten for the antibodies to show in either of these tests.

If you do have celiac disease complete abstinence from gluten is the only option as there is no cure, as such. The intestinal lining can be repaired over a period of a couple of years with the right diet and supplements and there are now many gluten-free products and alternatives available. Reading labels on all packaged foods is a must for celiac sufferers as wheat is frequently used as a filler in foods, even foods such as porridge oats and oatcakes which many people eat as an alternative to wheat products. Packets stating 'gluten free' are the only safe option if choosing them. These days you can get many flours and pastas etc which are made from gluten-free items such as rice and corn, and which are manufactured in a gluten-free environment.

A nutritional therapist could help you determine which gut problem you have and put together a diet and recipe plan for you with supplements that may help with your symptoms

See your health professional for advice

If you have a general health query that you would like to raise here you can email Jacquie at healthqueriesforWave@naturopathy-uk.com. Please note that Jacquie cannot enter into individual correspondence unless your query is chosen for publication.

CNM COLLEGE OF NATUROPATHIC MEDICINE



Jacquie Lane is a lecturer at the College of Naturopathic Medicine (CNM) and the Director of Studies at CNM in Brighton. Jacquie also runs her own nutrition clinic in Brighton and manages a biological testing lab specialising in digestive issues.

CNM open evening

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