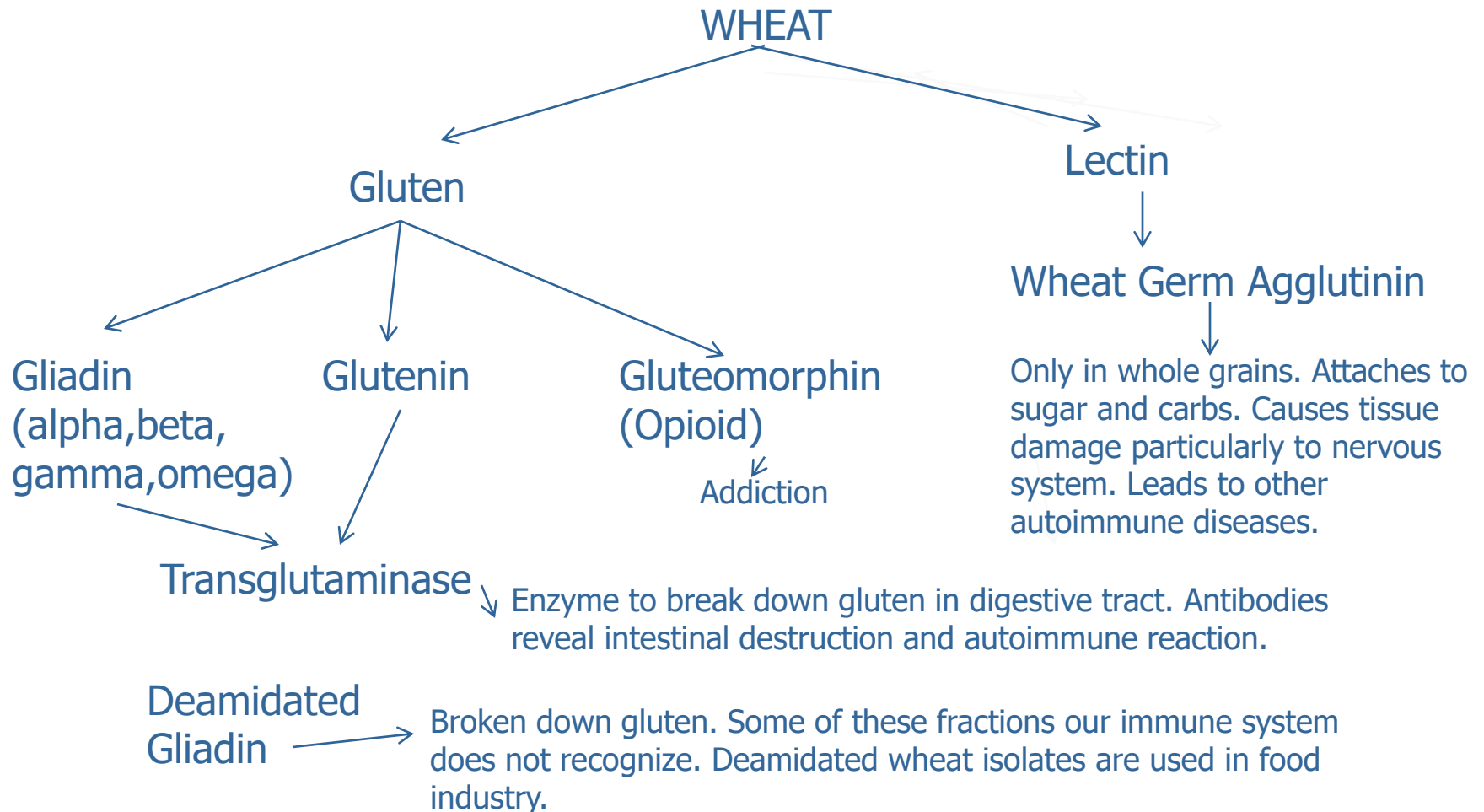




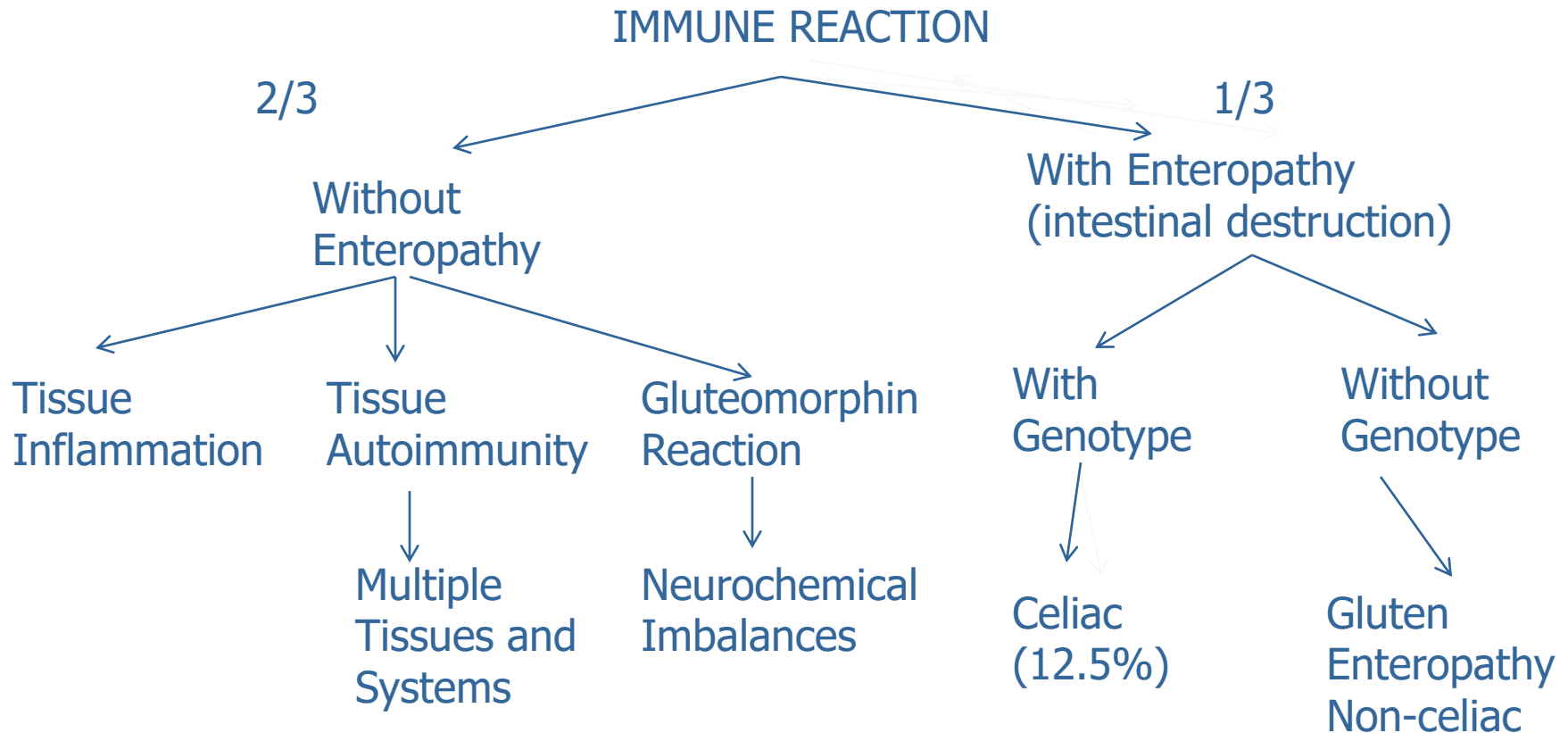
UNDERSTANDING GLUTEN

Bernard Rosen, PhD

WHEAT AND GLUTEN



EXPOSURE TO GLUTEN



GLUTEN



- Gluten drives inflammation throughout the body.
- All systems are impacted.
- Gluten sensitivity is more than gliadin antibodies.
- Today's testing is limited to only 2 of 12 potential markers.

WHY GLUTEN FREE DIET MAY NOT WORK



- Hidden exposure
- Peptide cross-reactivity
 - Chocolate (milk), rye, barley, Polish wheat, spelt, oats, buckwheat, sorghum, millet, tapioca, teff, yeast, cow's milk, amaranth, quinoa, egg, sesame, corn, rice, potato, hemp, soy, coffee
 - All above are similar to gluten
- Intestinal permeability ("leaky gut")
- Gluten stays in the body for 6-8 months!