

# Quantum Living

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## *Living Scripture*

***“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future. Then you will call on Me and come and pray to Me, and I will listen to you.” —Jeremiah 29:11-12***

***Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. —Philippians 4:5-7***

***May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit. —Romans 15:13 New International Version***



## **Gluten: What's All the Fuss**

There has been a groundswell of attention given in recent years to the subject of gluten. This has naturally and necessarily prompted us to examine this particular ingredient, a protein found in grains, which is prevalent in our diets. In order to better understand how gluten affects us, we need to explore what gluten is, where it comes from, and its potential effect on our health. While information about gluten is continually being updated as we learn more about this ingredient and the causes of gluten intolerance, it behooves each of us to educate ourselves about how gluten affects our own health and well-being. After all, knowledge provides us with power, and who doesn't want to be able to make wise decisions as it relates to our own health?

Gluten is simply a protein (gliadin) found in wheat, barley and rye. It is the ingredient that gives elasticity to bread dough and consequently the nice, fluffy rise we like in our bread products. It also helps bread hold its shape and absorb liquids. Gluten is also prevalent in pasta, cakes, and pastries as well as gravies and sauces. Since it improves the texture of bread and pasta and makes food taste good, it has an addictive quality. Thus, it can be difficult to refrain from its irresistible enticement.

Some sources suggest that up to 90 percent of the protein in wheat is gluten, a 10-fold increase in the past 100 years. An excellent summary regarding the changes to the production of wheat products and the resultant rise in gluten can be found on <http://www.grainstorm.com/pages/modern-wheat>. “For 10,000 years, we cultivated wheat, stored it, milled it and consumed it. The system worked, and it nourished civilization. Then, in the industrial era, we changed things. First we invented mechanical technologies to turn wheat into barren white flour. Then, we invented chemical and genetic technologies to make it resistant to pests, drought and blight. It's easier to harvest, dramatically increasing yield per acre. While we were tweaking genetics, we also figured out how to increase glutens for better 'baking properties' (fluffier results). So, put another way: “We have mutant seeds, grown in synthetic soil, bathed in chemicals, then deconstructed, pulverized to fine dust, bleached and chemically treated to create a nutritionally void industrial filler that no other creature on the planet will eat. And we wonder why it might be making us sick?”

“How do gluten particles get into your blood stream? First, certain conditions damage the lining of the intestinal tract.

For example, antacids, antibiotics, severe prolonged stress, not enough good bacteria, too much bad bacteria or yeast (a condition called dysbiosis) are all conditions that cause leaky gut syndrome. This means the intestinal lining becomes 'leaky' and the gluten protein sneaks into the body, causing an emergency reaction from the immune system."

(<http://immuneprogram.com/blum-blog/15-food-and-nutrients/11-does-gluten-cause-disease.html>) Many of us are just now becoming aware of the many problems which may be attributable to gluten in our diets as a result of genetically modified wheat and other grains. Our bodies have become intolerant to this genetically mutant by-product and, further exacerbating the problem is the fact that gluten has highly addictive qualities which makes it difficult to resist. Gluten intolerance can affect nearly every tissue in the body, including the brain, skin, endocrine system, stomach, liver, blood vessels, smooth muscles and even the nucleus of cells. According to the New England Journal of Medicine in a May 2009 article (<http://www.sott.net/article/191590-New-England-Journal-of-Medicine-Gluten-Can-Cause-55-Diseases>), there are 55 different diseases that can be caused by the intake of gluten, including but not limited to, neurological and psychiatric disorders such as depression, anxiety, migraine headaches, and dementia. Additionally, many autoimmune diseases may be attributed to our consumption of gluten because it may cause our immune systems to attack themselves; diseases such as Type 1 diabetes, arthritis, osteoporosis, dermatitis, psoriasis, hypothyroidism and other inflammatory diseases and conditions.

Gluten intolerance can occur at any age and can affect any race or nationality but most often presents in Northern Europeans and those of German, Irish and Scandinavian descent. Others who are more susceptible to gluten intolerance include those who are genetically predisposed to celiac disease and autoimmune diseases, such as lupus, rheumatoid arthritis, thyroiditis and various other disorders. The best way to determine whether or not one is gluten intolerant is to remove gluten from the diet, cold turkey, and remain off of it for a period of 90 days. The Mayo Clinic has an excellent site which outlines the parameters for maintaining a gluten-free diet: <http://www.mayoclinic.org/gluten-free-diet/ART-20048530>. At the end of 90 gluten-free days, review your list of symptoms again and determine if any or all of them have gone away or at least improved. Look at the rating next to each symptom and ask yourself if the rating is lower. Then, slowly introduce

gluten back in to your diet to see if you develop any symptoms. While there are some tests which may indicate sensitivity to gluten, removing gluten from your diet is still the best method to determine if you are, indeed, gluten intolerant or gluten sensitive.

Gluten sensitivity and gluten intolerance need not be a frightening topic, nor one to avoid. Additionally, gluten intolerance does not mean that one has Celiac disease. It is always best to educate ourselves, particularly as it relates to our own health and well-being. Is there a lot of fuss about gluten these days? Indeed, there is, and now you know why. There is currently a wealth of information, on the web and in books, on the subject of gluten. Those who believe that they may have gluten intolerance issues should consult with a licensed practitioner to determine the extent of and/or treatment for this disorder. As always, take care of your body. It is the only one God gave you.

\*Additional websites which provide information about gluten:  
<http://www.wheatbellyblog.com/2013/02/is-gluten-on-the-increase/>  
<http://experiencelife.com/article/gluten-the-whole-story/>  
<http://www.celiaccentral.org/Celiac-Disease/21/>  
<http://www.mayo.edu/research/discoverys-edge/ceciac-disease-rise>

#### Did you know?.....

A warning has recently been issued about possible cancer-causing chemicals in the caramel coloring of many soft drinks. According to Consumer Reports and The International Agency for Research on Cancer, a harmful chemical called 4-methylimidazole, or 4-MEI, is a possible carcinogen contained in the caramel color of many popular soft drinks that we consume every day. The variability in 4-MEI levels comes from how the caramel color is manufactured and who supplies the coloring to the soft drink manufacturers. Even some drinks labeled as "natural" may contain caramel coloring, so be sure the read the labels.

#### Recipe Corner: Delicious Gluten Free Pancakes

##### Ingredients:

1 cup rice flour		
3 tablespoons tapioca flour		1/2 teaspoon salt
1/3 cup potato starch		1/2 teaspoon xanthan gum
4 tablespoons dry buttermilk powder		2 cups water
1 packet sugar substitute		3 tablespoons canola oil
1 1/2 teaspoons baking powder		2 eggs
1/2 teaspoon baking soda		

##### Directions:

In a bowl, mix or sift together the rice flour, tapioca flour, potato starch, dry buttermilk powder, sugar substitute, baking powder, baking soda, salt, and xanthan gum. Stir in eggs, water, and oil until well blended and few lumps remain. Heat a large, well-oiled skillet or griddle over medium high heat. Spoon batter onto skillet and cook until bubbles begin to form. Flip, and continue cooking until golden brown on bottom. Serve immediately with condiments of your choice.