





kamut, durum, semolina, oats, matza, etc. Gluten is also found in other grains such as: rye, tritical (a mixture of rye and wheat), and barley. [3, 4, and 5]

**Gluten sensitivity manifests in**



The same toll-like receptors (TLR) that

and kill its own insulin-producing islet of langerhans  $\beta$  cells. Sixty to eighty percent of the  $\beta$  cells are destroyed by the time symptoms occur. [4, 9]

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3) Helms S. Celiac Disease and gluten- associated diseases. Alternative Medicine Review 2005; 10(3): 172-192.

4) Prescription For Nutritional Healing



15) Pastore M, Bazzigaluppi E, Belloni C, et al. Six Months of Gluten- Free Diet Do Not Influence Autoantibody Titers, but Improve Insulin Secretion in Subjects at High Risk for Type 1 Diabetes. The Journal of Endocrinology & Metabolism 88(1): 162-165.2003.

16) Amin R, Murphy N, Edge J, et al. A Longitudinal Study of the Effects of a Gluten- Free Diet on Glycemic  $\varnothing$ 20 hr4eee 2025 0 TD0.0070 Tc0.1717 Tw[I and W Hansen

