

How Gluten-Sensitivity Wrecks Your Gut

Gluten is a protein found in grains like wheat, semolina, spelt, kamut, rye, and barley. If you're sensitive to this protein, gluten will make you ill – whether you've been diagnosed with celiac disease or not. Eating gluten despite a sensitivity can weaken the connections between the cells that line the small intestine, creating spaces between cells and allowing gut contents to leak through. This activates your body's immune response and causes widespread inflammation throughout the body, damaging the delicate lining of the gut in the process.

There are two varieties of gluten sensitivity that you should be aware of – celiac disease and non-celiac gluten sensitivity. Celiac disease is a genetic autoimmune disease that damages the small intestine and interferes with the absorption of nutrients from food. Scientists estimate that about 1% of the population has celiac disease, though about 83% of these sufferers go undiagnosed. If you've been diagnosed with celiac disease and continue to eat gluten, you put yourself at risk for a wide variety of other health concerns including infertility, osteoporosis, and certain cancers.

Non-celiac gluten sensitivity describes individuals who cannot tolerate gluten but lack the definitive antibodies and intestinal damage seen in celiac disease. If you suffer from this condition, you may experience abdominal pain, constipation, diarrhea, headaches, joint or muscle pain, chronic fatigue,

"brain fog," and other uncomfortable symptoms. Scientists estimate that approximately 18 million Americans suffer from a non-celiac gluten sensitivity. Because this condition is so prevalent – and the symptoms so uncomfortable – we recommend that all of our patients avoid gluten on all of our nutritional programs.



If you're interested in purchasing the Solutions4 supplements listed in this brochure, you're in luck!

We're offering a special discount on these products when they're purchased together:

- Salmon Oil
- Craving and Impulse Control
- Sleep
- Serotonin Support

Ask a staff member for more information about this special offer!

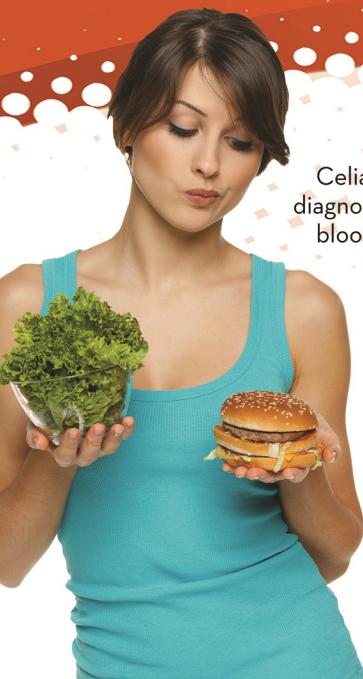
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Enhance
Your Program
for Gluten
Sensitivity

How Do You Know If You're Sensitive to Gluten?



Celiac disease is generally diagnosed through a series of blood tests that measure your body's response to gluten. If these tests come back positive, your doctor may order an intestinal biopsy to confirm your results. Non-celiac gluten sensitivity is generally diagnosed by process of exclusion. If you experience negative symptoms when you eat gluten - but don't test positive for celiac disease - you probably suffer from this condition.

If you don't want to go through the formal process of screening for celiac disease (or if your results have come back negative), you can use your nutritional program to help assess whether or not you're sensitive to gluten. On your program, you will completely eliminate gluten from your diet for a period of time. Regardless of whether or not you suffer from a gluten sensitivity, your health will markedly improve on this type of nutrient-dense diet. Once you're done, you'll want to continue eating a healthy diet - but you may also want to try eating something that contains gluten to determine whether or not you're sensitive. At this point, you'll have eliminated other foods that could be causing a negative reaction (dairy, sugar, refined grains, etc.), making it easier to pinpoint whether or not gluten is problematic for you.

Regardless of which condition you have, the treatment for all gluten sensitivities is the same: you need to cut gluten out of your diet to avoid the long-term complications that will arise if you continue to eat gluten-containing foods. You'll also need to eat a nutritious diet designed to heal the damage done to your gut in the past.

Basic Strategies for Gut Healing

Gluten can wreak havoc on the lining of your small intestine, causing increased permeability and inflammation. This can make it difficult for your body to absorb essential nutrients from food. To heal your gut and improve your health, we recommend that you follow the basic nutritional guidelines outlined in your program manual. Beyond these basic steps, you may also want to do the following:

Include fermented foods (like sauerkraut, kimchi, or coconut kefir) in your diet. These naturally probiotic foods can help increase the diversity of friendly bacteria in your gut, thus promoting optimal health. Fermented foods are also easier for your body to digest, which is especially important if you're struggling to absorb nutrients from food.

Focus on quality sleep and stress reduction. Your body needs plenty of rest and relaxation at this time in your life. Be gentle with yourself as you decide what you can and cannot handle. If you push yourself too hard and become stressed or sleep deprived, your body won't engage its natural healing processes.

Stay physically active. Exercise boosts circulation, which accelerates your body's natural healing process. Regular physical activity also keeps you alert and energetic, which helps you keep a positive attitude about all of the healthy changes you're making!



Basic Supplements for Gut Healing

Though you'll need several supplements to help your gut heal, there are a few that are worth discussing in detail:



Probiotic Blend provides your body with 10 billion units of friendly bacteria with each serving. These health-promoting bacteria help to reduce anxiety, improve your mood, boost your immune function, and encourage healthy cell renewal.



Digestive Enzyme Blend is designed to help your body digest and assimilate all nutrients necessary for optimal health and healing. Each time you use it, you'll experience a boost in energy and relief from digestive discomfort.



Salmon Oil provides an organic source of omega-3 and other essential fatty acids that play a vital role in keeping the gut healthy. Salmon Oil reduces the inflammation associated with gluten intolerance and accelerates the healing process.



Vitamin D boosts your immune system and helps your body heal. Supplementing with Vitamin D can help to offset many of the negative health effects associated with gluten sensitivity.

In addition to these incredible supplements, you may also benefit from the following supplements for brain-based wellness:



Craving and Impulse Control makes it easier for you to manage your cravings, improves your energy levels, and helps you transition into a healthier diet. This can be enormously helpful, especially when you're first making positive changes!



Sleep is designed to promote healthy sleep, which is especially important for those suffering from poor gut health caused by a gluten sensitivity. If you struggle to get the quality sleep your body needs, this supplement can make all the difference!



Serotonin Support helps to improve your mood and reduce irritability. This can make it much easier to transition into a healthier lifestyle and maintain an optimistic outlook on life!