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THE CELIAC SOCIETY OF INDIA PRESENTS

# GRAIN MATTERS



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## THE LIFESTYLE FACTOR

What's raising  
chronic illnesses  
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Recipes for gluten-free  
living, curated by the  
Celiac Society of India

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# EDITOR'S NOTE



fermentation on digestive wellness, join us as we unravel the complexities of gut health and its profound implications for human well-being. Let's embark on this enlightening journey together to raise awareness & make our planet a healthier place to live in .

Sincerely,

*Ishi*

Ishi Khosla  
President, Celiac Society of India

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Dear Readers,

Welcome to this special edition of Grain Matters, where we delve into the captivating world of gut health at the International Symposium on Gut Health. As our understanding of the intricate relationship between diet and gut microbiota deepens, this symposium serves as a beacon of knowledge, bringing together experts to explore the latest research and breakthroughs in this field. From the role of grains & millets in promoting gut diversity to the impact of

## Recommended Reads

Nutritionist Ishi Khosla shares tailored health tips for professionals with varied lifestyles: irregular shifts, on-the-go schedules, or sedentary jobs. Packed with easy-to-follow advice, food knowledge, and recipes, plus case studies and illustrations, these are a must-have for those aiming for lifelong health and beauty.



# WHAT'S TROUBLING YOUR GUT?

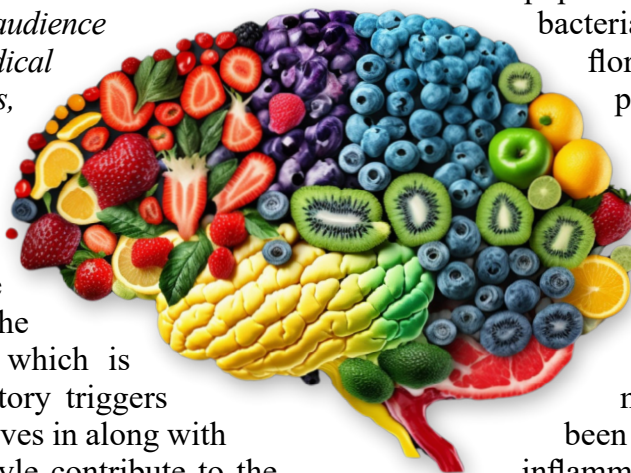
Your lifestyle could be inciting a deadly irritant

*The Celiac Society of India organised three lecture sessions by Dr. Tom O'Bryan with the noble motive of spreading awareness regarding gut health and root cause analysis of diseases. Dr. Tom O'Bryan is a world-renowned expert on gluten sensitivity and autoimmunity. He is a faculty at the Institute of Functional Medicine.*

*The lectures were held on 18 January at Lady Irwin College, University of Delhi, and Apollo Indraprastha Hospital; and on 19 January at All India Institute of Medical Science, Delhi. The audience comprised of nutrition and medical students, doctors, professors, nurses, dieticians, and media.*

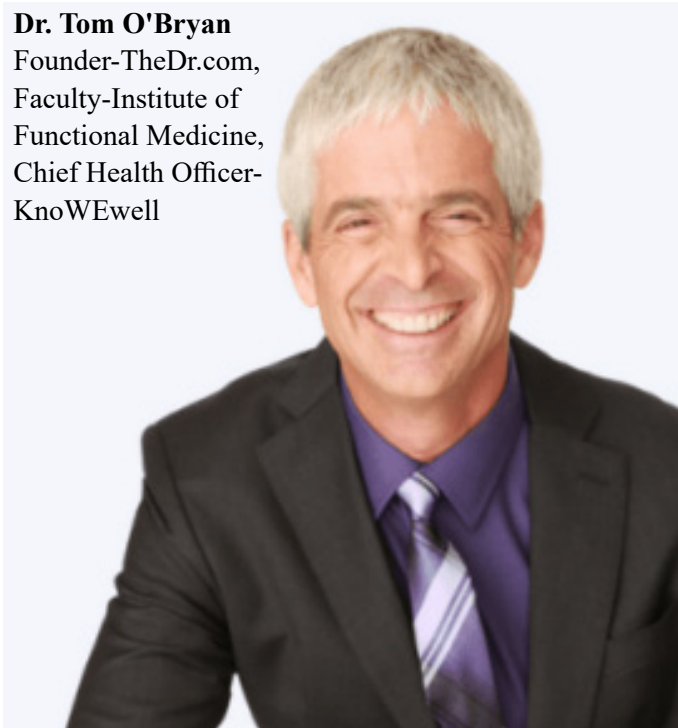
**D**r. Tom delivered his speech to help the audience understand the root cause of all diseases, which is inflammation. The inflammatory triggers in the environment a person lives in along with the choice of food and lifestyle contribute to the

gradual development of a leaky gut. Crucial to the gut and the body's function is the composition of our microbiome. Our body is a host to trillions of microorganisms that perform diverse functions, like production of short-chain fatty acids, nutrients, polyamines, branched chain amino acids, etc. An imbalance in the good and bad bacteria in the gut can boost the immune system or enhance the rate of disease progression based on the prevalence of the population of beneficial or harmful bacteria in our gut. A dysbiotic gut flora is the commencement point of any disease.



Chronic inflammatory diseases have now been recognised as the most significant cause of death across the globe. One of the most important medical discoveries has been the immune system and inflammatory processes that are

**Dr. Tom O'Bryan**  
 Founder-TheDr.com,  
 Faculty-Institute of  
 Functional Medicine,  
 Chief Health Officer-  
 KnoWEwell

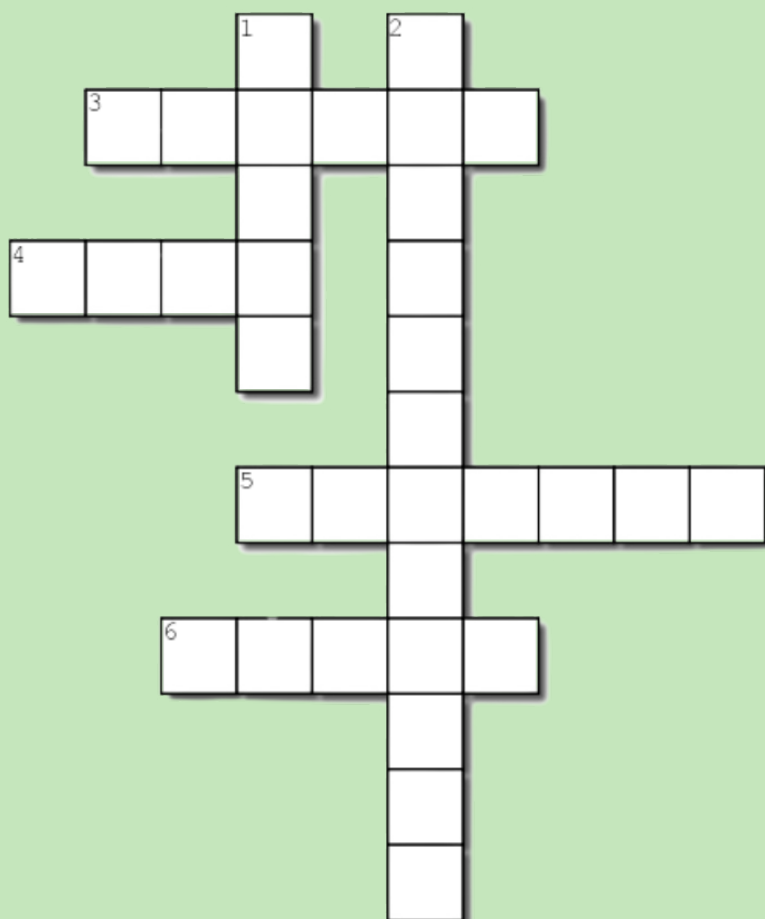


involved in not just a few selected disorders, but a wide variety of mental and physical health problems that dominate present-day morbidity and mortality worldwide. Out of the 15 leading

causes of death in 2019, 14 were caused by chronic low-grade systemic inflammation; the left one is unintentional injuries or accidents. Chronic low-grade inflammation is characterised by the long-term unresolved inflammatory condition in which pro-inflammatory and anti-inflammatory factors are continuously being released and fail to cease their actions. Chronic low-grade inflammation across the lifespan has been associated with the development of both age and diet-related non-communicable diseases, including obesity, cardiometabolic diseases, many cancers, respiratory and autoimmune disorders, arthritis, and depression.

Our gut constitutes the biggest endocrine organ. Thirty hormones have been identified in the gastrointestinal tract and therefore the intestine represents an incredible reservoir of peptides acting at a distance from the gut and on different organs. There is growing evidence that the elements of gut permeability, immune system response, and gut microbiome, along with genetic predisposition and exposure to environmental triggers, make the “perfect storm” for chronic inflammatory disease development have to offer. ■

## CROSSWORD



### ACROSS

3. Nutri-cereals
4. Clarified butter, known for its benefits, with roots in Indian cuisine
5. Fermented milk product, with known bacterial culture
6. Go-to hydration source

### DOWN

1. You need 7-8 hours of it to \_\_\_\_\_
2. Part of the plant that are rich in fibre and essential micronutrients



# GUT TO THE CHASE

It's more crucial than ever to take care of your gut

*The Celiac Society of India organised its second flagship event, the International Symposium on Gut Health and Lifestyle Disorders on 20 January 2024 at the India Habitat Centre, New Delhi. The symposium hosted experts from across the globe who were invited to share their wisdom through the latest research and case study presentation. The event had 400+ physical audience and 600+ online viewers; the audience comprised of healthcare workers, nutritionists, professors of medical and nutrition science, students, patients and clients, policy makers etc. It was rightly supported by the gracious presence of Honourable Minister of State for Culture and External Affairs, Ms. Meenakshi Lekhi.*

*This symposium, one of its kind, addressed gut health that impacts every function of the human body and how it undergoes changes through various stages of life, right from infancy to elderly.*

**U**nderstanding the holistic view of health from ancient times sheds light on the significant impact of the gut on overall well-being. The gut, the headquarters of

a vast microbial community, plays a crucial role in human health. More microbes inhabit the human body than human cells, with the gut serving as the epicentre of this microbial activity. These microbes produce essential substances such as hormones, neurotransmitters, and vitamins, influencing various bodily functions. An imbalance in gut flora can lead to abnormal production of neurotransmitters, affecting mental health and contributing to conditions like anxiety, depression, and memory issues. Moreover, the gut's influence extends to the production of hormones, impacting thyroid function, stress response, and more, all mediated by the vagal nerve through the gut-brain axis. The gut microbiota is inherited from parents and influenced by environmental factors, food, and water. Anomalies in gut flora promote the growth of harmful microbes, leading to conditions like a leaky gut. This shift has seen a rise in non-communicable diseases in children, including diabetes, heart disease, and gastrointestinal disorders like constipation.

Traditional grains like millets are nutrient-rich and aid in reducing oxidative stress and inflammation with their fibre and antioxidants. Processing millets

# ***An imbalance in gut flora can contribute to conditions like anxiety, depression, PCOS and memory issues.***

is simpler than other grains, supporting gut health due to resistant starch acting as prebiotics. Scientific advancements, like biofortified millet crops tackle malnutrition, but lifestyle factors like stress and diet can harm gut health, leading to issues like leaky gut syndrome. Chronic diseases often stem from chronic inflammation, originating in the gut and affecting various systems in the body.

Pregnancy introduces significant changes in a woman's microbiome, impacting both maternal and infant health outcomes. Various factors such as diet, weight, and medical history play crucial roles in shaping the maternal microbiome, which

subsequently influences the gut colonisation and overall development of the infant. India faces a dual challenge of malnutrition and obesity among women, which carries significant implications for maternal and child health. Gut dysbiosis, often associated with conditions like Polycystic Ovary Syndrome (PCOS), can contribute to insulin resistance and metabolic syndrome, influencing long-term health outcomes. Moreover, chronic skin diseases often have hormonal and gut-related components, where alterations in the gut microbiome can influence inflammatory responses and immune functions. Additionally, exposure to mould poses health risks, potentially leading to mycotoxicosis and impacting various bodily systems, including neurotoxic effects. These interconnected factors highlight the intricate relationship between gut health, overall well-being, and environmental exposures during pregnancy and beyond. ■



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# WHAT'S COOKIN'?

## AMBALI

Recipe by Dr. Khadar Vali

### INGREDIENTS

Any millet grain ..... 250g  
Water ..... 8-10 cups

### METHOD

- Wash and soak the millet in water for 8 hours
- Discard the water and crush the millets in a blender with some water
- Boil the millet for 10-15 minutes on low heat. Add 10-20 cups of water
- Transfer the millet to an earthen-ware pot and cover with a cloth or lid and let it ferment for 8 hours
- Drink this beverage directly or add it to juice or soup or season as desired
- Add a garnish with raw chopped onion/ coriander leaves



Recipe image source: indianveggiedelight.com



Recipe image source: archanaskitchen.com

## BAJRA BLACK LENTIL UTTAPAM

### INGREDIENTS

Bajra flour ..... 1 cup  
Split urad dal ..... ½ cup  
Rice ..... ¼ cup  
Onion, chopped ..... 1 medium size  
Peas.....Handful  
Capsicum, chopped..... 1 medium size  
Green chillies, chopped..... 2 nos  
Coriander leaves, chopped..... Few leaves  
Red chilli powder..... 1 tsp  
For greasing  
Oil ..... & cooking  
Water..... 1 ½ cup

### METHOD

- Wash and soak the rice and urad dal separately in a bowl for 3-4 hours
- Blend rice and urad dal with ½ cup water in a mixer to a smooth paste to get thicker consistency
- Mix the bajra flour in a bowl
- Add 1 cup water and mix it until uniform. Add all the chopped vegetables
- Heat and grease a pan with 1 tsp of oil. Pour 2 tsp of batter on it and spread into a round uttapam and cook until underside is golden
- Gently flip and cook till the other side is similarly cooked and golden
- Take the uttapam off the pan and serve with coriander chutney and sambhar!

# 8 KGS OF STRESS DOWN IN 2 MONTHS

## A week's worth of gluten-free eliminated her pain

**P**allavi Kothari (name changed), a 23-year-old young lady was suffering from reactive arthritis and seronegative spondyloarthritis and was anaemic. She also complained of an unexplained weight gain and had a body mass index (BMI) of 28.28 kg/m<sup>2</sup>.

She reported a history of migraine, lack of appetite and slow bowel movement (tendency to constipation) for which she was on laxatives. She complained of breathless at night.

She was also on counselling therapy for her anxiety. Her blood investigations revealed that she had a high ESR (Erythrocyte Sedimentation Rate), low

vitamin D, high anti-nuclear antibody, high faecal calprotectin- all of it indicating the low-grade chronic inflammation in her body. Her diet included of unhealthy junk food.

She was put on a gluten free diet which excluded corn, soya, and oats & included millets and rice (grain and dairy restricted diet) along with supplements. Within six days of changing her diet, she was pain-free and over the next 2.5 months, she lost 8 kilograms and inches around her waistline. ■



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The Celiac Society of India presents its new website, found at [celiacsocietyofindia.com](http://celiacsocietyofindia.com).  
 More information about ISWD 2019 can be found at [iswd2019.com](http://iswd2019.com).  
 For information on ISGH programme visit [isgh.in/](http://isgh.in/).