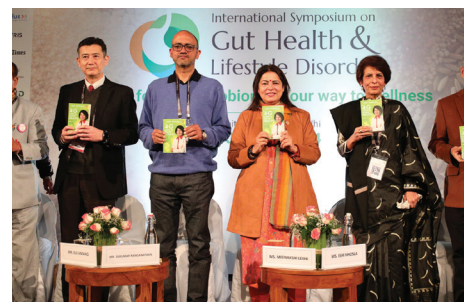


# THE CELIAC SOCIETY OF INDIA PRESENTS **GRAIN MATTERS**

JULY 2024 | ISSUE 02 / VOLUME 03



supported by



## A SUPERFOOD MADE FOR OUR COUNTRY

A grain that promises to  
revolutionise the Indian  
landscape

pg. 3

## NO MORE GUT PROBLEMS WITH MILLETS

MILLETS as a way to healing  
the gut and fighting  
modern diseases

pg. 5

## ZESTY LEMON DELIGHT & A HEALTHY TWIST

Gut-friendly recipe for  
Lemon Millet, perfect for  
any meal.

pg. 7



# EDITOR'S NOTE



The start of the year has welcomed an increased dedication and participation in the conversation that is so dear to us, and continues to save so many lives. For 2024, we have steered the conversation towards the superfood Millets – a vastly underestimated staple of the country that can positively impact India's nutritional, environmental and cultural standing.

With half of the year over, we have held two incredible symposiums that offer a 360 degree perspective, the first focusing on Millets: The Superfood of Bharat in association with the Ministry of culture, and the second, titled 'Millets for the Microbiome: Your Way to Wellness.

It is my privilege to have shared the panels with the likes of Mrs. Meenakshi Lekhi, Minister of State for Culture and External Affairs, renowned spiritual mentor and motivational speaker, Brahmakumari Sister Shivani, Shri Murali Kartik, well-known cricketer and sports commentator and also Dr. Tom on several pertinent topics that extend from including millets in the modern diet to their employment as a natural solution for autoimmune disorders, as well as global nutritional deficiencies.

This time, we've shared not one but two incredible accounts of how the right diet can drastically alter the quality of living right from the tender age of one to a 38-year-old who had to forgo driving because of previous food choices.

There's so much more to look forward to as we move head this year. I invite you all to remember that the grain change is the game changer indeed!

Sincerely,

*Ishi*

Ishi Khosla  
President, Celiac Society of India





# SUPERFOOD OF INDIA

## Reviving Tradition of Millets for Global Health

*The Ministry of Culture, Government of India, and the Indira Gandhi National Centre of the Arts (IGNCA), in partnership with knowledge partner Mera Millet Magic, organised the symposium "Millets: The Superfood of Bharat" on 1st June 2024 at the Bharat Mandapam, ITPO, New Delhi. Mera Millet Magic (MMM) is a joint initiative of the Celiac Society of India, Asha Chandra Welfare Consultancy and Shooabh Group Welfare Society. Events of the MMM have been declared as official events of the United Nations Food and Agriculture Organization (FAO) during the International Year of Millets, 2023.*

**T**he purposes of the half-day symposium were to identify millets' potential as a superfood and their role in reviving health, to establish links with the culinary and cultural traditions of Bharat, and to incorporate millets into international food systems. The symposium's main goals were to widen the general awareness of the nutritional, environmental, and cultural benefits of millets, to foster dialogue about using them to promote health and sustainable development, and to investigate potential avenues for millets to become a more widely consumed staple grain worldwide. Furthermore,

the symposium sought to promote the idea of "Ek Thali Millet Wali." (A Plate of Millets). The symposium was graced by Mrs. Meenakshi Lekhi, Minister of State for Culture and External Affairs, renowned spiritual mentor and motivational speaker, Brahmakumari Sister Shivani, Shri Murali Kartik, well-known cricketer and sports commentator. It was attended by a diverse audience,





that included Chambers of Commerce, college and school heads, academicians, doctors, hospitals, nutritionists, diplomats, and eminent public figures. The three panel discussions at the symposium



were spaced out with opportunities for networking and to visit stalls exhibiting millet-based products. The "Wellness with Millets" session examined the dietary advantages of millets as well as their function in fostering wellbeing. There was discussion of studies and case studies supporting the health advantages of consuming millet.

The session "Global Expansion of the Superfood Millets" evaluated the market potential and challenges of expanding millet production and consumption worldwide. It highlighted effective campaigns and collaborations promoting millets globally. In the final session, "Millets: Seeds of our Heritage," panelists explored the cultural and historical significance of millet in Indian agriculture and cuisine, emphasizing the importance of preserving traditional millet varieties and farming methods.

Furthermore, there was an exhibition by manufacturers and non-governmental agencies of millet made products. ■

## Signs You Have a Leaky Gut

### 5D PATH OF A LEAKY GUT

Milk intolerance  
Recurrent digestive complaints

Epilepsy  
Depression  
Mouth ulcers  
Growth failure  
Itchy blistering rash

Eczema, psoriasis & vitiligo  
Giddiness, imbalance & vertigo

Anxiety

**Dysbiosis**

**Deficiencies**

**Dysfunction**

**Disorder**

**Disease**

Anemia

Easy bruising

Lack of appetite

Bone and joint pain

Flattened or brittle nails

Easy fractures & injuries

Numbness & tingling sensation

Infertility

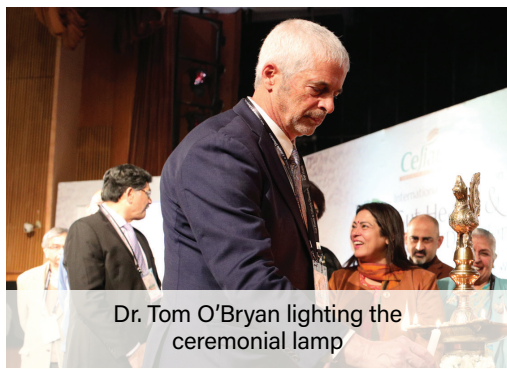
Liver dysfunction

Recurrent miscarriages

Poor attention span

Difficulty in losing & gaining weight





Dr. Tom O'Bryan lighting the ceremonial lamp



Panel discussion on Millet Magic



Book launch by invited guests for the book '4 G code to Good health' by Ishi Khosla



Attendees



Lecture session of Dr. Raj & Dr. Asha on "Bringing back the story of millets"



Ms. Meenakshi Lekhi, Minister of State for Culture and External Affairs, GOI receives gift hamper from Ms. Khosla & DR. Dang



Team ISGH

# GRAIN OF POSSIBILITIES

## Reflecting on CSI's Symposium & its Positive Gut Health Impact

*The Celiac Society of India organised its second flagship event, the International Symposium on Gut Health and Lifestyle Disorders, on the theme "Millets for the Microbiome: Your Way to Wellness" on 20th 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 supported*

*by the presence of Honourable Minister of State for Culture and External Affairs, Ms. Meenakshi Lekhi. This symposium, addressed gut health that impacts every function of the human body and how it under goes changes through various stages of life, right from infancy to elderly.*

**T**he human gastro-intestinal system is in contact with loads of toxic and infectious substances. Naturally, the gut lining lets the useful substances to cross over and keeps the harmful ones out. However, factors like stress, unhealthy diet, excessive alcohol, antibiotics,



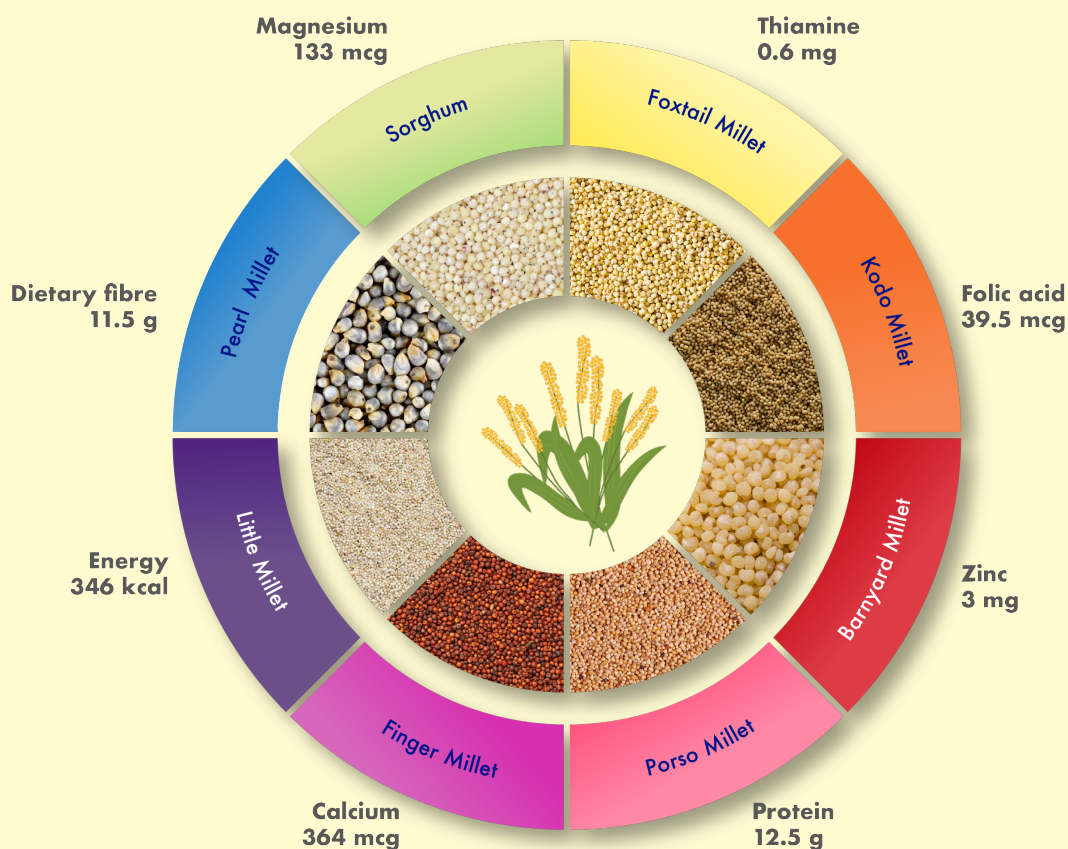
inflammatory food interferes with this process leading to a compromised intestinal barrier function, which is termed as the leaky gut. **The top 6 triggers of a leaky gut are refined sugar, dairy, gluten, medications, environmental toxins and infections.**

Millets, the ancient grains, are a group of highly variable small-seeded grasses. They are cultivated in 69 countries throughout the world, thus unifying nations through agriculture. These are good for both mankind and the planet. The major millets are sorghum (jowar), pearl (bajra), finger millet (ragi) and minor millets are barnyard (sawai), little (kutki), proso (cheena), foxtail (kangni), kodo, and browntop millet. However, due to “corporatization of food”, these novel grains lost their popularity, which paved the way for a lot of diseases and public health concerns across the globe. What was known as adults’ disease is now irrespectively seen in people of all ages, including children. 40% of the public and behold is underdiagnosed of fatty liver. .

To avail the diverse nutritional benefits in all the millets, one must aim to eat different types of millets in the diet, Millets have 8-12.5% fibre. Their outer layer of bran and aleurone layer are rich in phytonutrients. Lignan, the upper layer, is a very powerful antioxidant. They are conjugated aromatic molecules with different handles of aliphatic chains, that can stabilize almost all the Electro-motive Force (EMF). EMF is an oxidative stress generated when mitochondria generate ATP. The tumbling down of electrons and passive leakage of EMF causes an inflammation that starts at the mitochondria itself. This process leads the mitochondria to age faster. Millets require very low processing equipment as, unlike rice and wheat, they are insect and pest resistant. Moreover, they have a low water requirement. Soaking, germination and fermentation increase the bioavailability of the nutrients present in millets and the digestibility of its protein. The carbohydrates in millets are different from that in rice. It contains resistant starch which act as prebiotics in the large intestine. ■

# ONE IN A MILLET

The Right Millet to Match your Dietary Needs.





# WHAT'S COOKIN'?

## LEMON MILLET

### INGREDIENTS

Millet.....	1 cup
Mustard seeds.....	1 tsp
Chana dal .....	1 tsp
Urad dal .....	1 tsp
Red chilli, green chilli .....	1-2 (as per taste)
Cashew .....	5-6 pc
Curry leaves .....	Handful
Ginger .....	1 inch
Turmeric .....	1 tsp
Lemon juice .....	1 tsp
Salt .....	As per taste

### METHOD

- Soak the millet for 30 mins in water
- Add the millet to a large pot & rinse well.
- Add 3 cups water to the pot along with salt & cook in medium flame until the water is absorbed.



- Lower the flame and cook until the grains turn tender. Fluff up gently with a fork & let it cool completely
- Heat oil in a pan. Add mustard seeds.
- Add chana dal, urad dal, red chilli & green chilli as per taste.
- Add cashews and fry
- Add curry leaves and ginger. Saute for a minute until the leaves turn crispy.
- Add turmeric.
- Add 3-4 tbsp water & cook until evaporated.
- Turn off the heat, add cooled millets, squeeze in lemon juice.
- Mix well & serve with curd, pickle, papad or vegetable salad!

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# Diet Change Led to a Life Change

## Journey of Healing Through Diet to Wellness

**A**t just 38 years of age, Vijay Bhatt (name changed) was exhibiting a multitude of problems stopping him from living his best life. With low haemoglobin, bloating, severe gastritis and a massive B12 vitamin deficiency, Vijay was desperate. The final measure was a sudden spurt of weight gain coupled with knee pain, cramps, brain fog and mental health issues such as anxiety and crippling fear of circumstances that affected his sleep, and rendered him incapable of driving.

His food intolerance tests revealed sensitivities to wheat and dairy protein. Hence he was put on a gluten-free dairy-free diet, with the restriction of the cross-reactive grains like corn, soya and

oats. Vijay was put on a millet-based diet, along with the help of some essential supplements.

Within 10 days, the effects were magical: Vijay's low mood and mental health issues dissipated immediately. He was able to drive without involuntary jerks and resumed work sans any body pain or brain fog. Cut to three months today: Vijay has become socially active, and does not rely on antacids or anti-anxiety medications. He has also reduced weight and inches around his belly. His journey of healing went essentially through his gut and solved problems which were beyond his expectations.

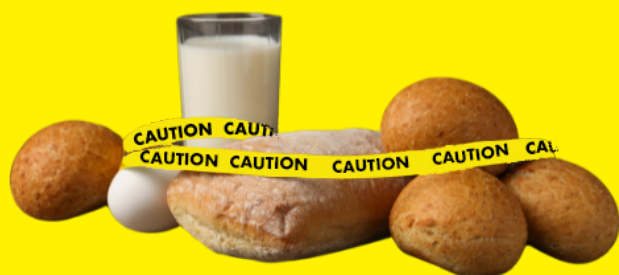


## Crossing a Bound-dairy

**U**nlike most children her age, at the tender age of one, Sneha was unable to stand or walk and had no teeth. Despite being born at a normal weight, her current weight had stagnated at 6.5kg, and her blood work revealed an abnormal liver enzyme and a severe Vitamin D deficiency. Her history and laboratory investigations indicated that she had a leaky gut

and suffered inflammation that were coming on her way of normal growth and development. Post analysis, Sneha was immediately put on a gluten-free and dairy-free diet that was mainly based on rice and pulses, especially lentil, and nuts. In just over a fortnight, the results were miraculous. Sneha gained 350 grams and started walking with a proper grip.

Her miraculous recovery has brought joy to her entire family. Even as Sneha continues on a strict diet and her path to recovery, it bears to pay attention to the fact that milk, even at such a young age, may not be, as contrary to popular belief, the best nutrition for children. ■



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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).