

THE CELIAC SOCIETY OF INDIA PRESENTS

WHEAT VIEWS

NOVEMBER 2021
ISSUE 01 / VOLUME 07



IS YOUR DOCTOR REALLY THE ONE?

Why you shouldn't rely on just one doctor or one form of treatment system.

pg. 4

SENSITISE YOURSELF TO FOOD ALLERGY

Why is it so difficult for our society to accept food-sensitivity?

pg. 8

WINTER YUM: GLUTEN-FREE MAGGI!

Recipes for gluten-free living, curated by the Celiac Society of India

pg. 9

EDITOR'S NOTE



Ishi
Ishi Khosla

Dear Reader,

Surrounded as I am by the joy of being able to celebrate in person with loved ones, I can still see just how much our health has suffered in this recent post-pandemic period.

From skin and hair disorders to diabetes, obesity and mental health issues, alarm bells are ringing even as we attempt to piece our lives together to embrace a new normal. All of these are multifactorial, but the root cause is a disturbed microbiome. Some of the key features of the pandemic which upset our microbiome are the Covid infection itself, the vaccination, the medication and to top it all, a sedentary life steeped in mental stress. Simply speaking, it could not get worse.

In my clinical experience, many people developed health problems, or their symptoms were exacerbated during the pandemic. The silver lining in all of this is the rise of wheat-free diets and the promising research in the development of a vaccine for celiac disease that promises to be a game changer, even though it is a while away in the making.

As we make a recovery, it is important to understand the psychosocial burden of living with a food allergy.

The most important lesson we have learnt however is to really savour our health and life's precious moments. So, don't forget to live it up. Start with enjoying some delicious recipes, like gluten-free maggi and KFC style rice.

To your good health for this year and the next...



A Vaccine to Treat Celiac Disease Gets Closer

Celiac disease is an autoimmune disorder — a condition in which the body’s immune system mistakenly attacks its own cells. The prevention or treatment of such a disorder requires substances that stimulate or suppress the immune response. The immunotherapy may either target only certain cells of the immune system or affect the system in a general way. Immunotherapies can include vaccines, cytokines, bacillus Calmette-Guerin (BCG) and some monoclonal antibodies.

Nexvax2 is a form of immunotherapy, which has a promising approach to celiac disease by using the body’s own immune system to treat or prevent disease. It is being developed by a biotechnology company in Massachusetts called ImmusanT which reported that “a just-concluded Phase 1b trial tested the safety and tolerability of the therapeutic vaccine at various doses, from an initial injection through a series of booster shots”.

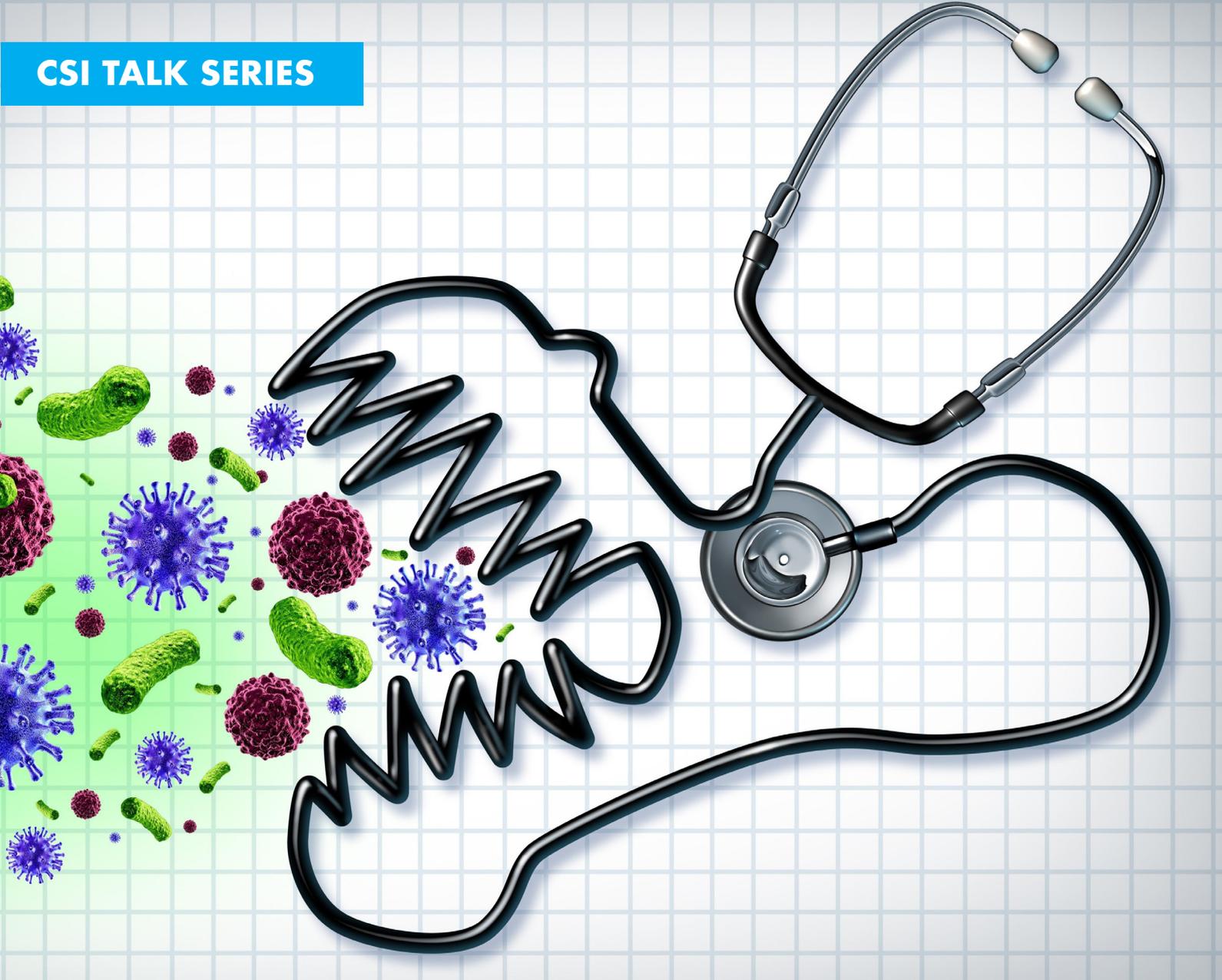
Nexvax2 is based on the premise that if a small amount of the vaccine is given at first and the amount is gradually increased, the immune system of those who have celiac disease and the gene most

commonly associated with it, HLA-DQ2.5, will build up resistance to the harmful protein in gluten without any negative effects.

“Nexvax2 has the potential to protect against the effects of gluten exposure in patients with celiac disease and improve their quality of life,” said Leslie Williams, President and chief executive officer, ImmusanT.

In the first clinical trial, about 38 subjects were given a gradually escalating dose of the vaccine or a placebo followed by booster doses; the results of which are being used to create a dosing regimen for a planned Phase 2 study this year. Phase 2 is being designed for involving more partakers and will determine the vaccine’s efficacy at protecting against gluten exposure and whether the benefits outweigh any risks.

Formerly, the vaccine would be used to defend against gluten exposure while patients remain on a gluten-free diet. But as a second step, ImmusanT is looking to launch a vaccine that would eliminate the need for the diet. ■



INTEGRATIVE PRACTICES TO SUPPORT YOUR IMMUNE SYSTEM

Traditional medicine, complementary medicine, alternative medicine — so many tags, so many definitions have been given to medical systems by practitioners of modern medicine despite the fact that they've been around for centuries. It was rightly said by Mark Twain: the introduction of homeopathy paused the old school doctor to stir around and learn something of a rational nature about his business. Through this pandemic we have heard various stories. Homeopathy has been practiced by many, as has Ayurveda.

In Part 2 of 'Global Healing Approaches to Enhance Your Immune System' titled 'Integrative Practices to Support Your Immune System,' we

look at the most critical aspects of the immune system and how we can tap into ancient integrative mainstream and cutting-edge practices to make it efficient. In this series, a regenerative whole health approach from top experts around the globe who will help you transform your body's ability to handle disease was explored. This was a 6-part series of a webinar organised by Celiac Society of India in partnership with KnowEwell, which featured experts like Dr. Tom O'Bryan, KnowEwell Chief Health, Dr. Deepika Gunawant, Ayurvedic practitioner at Max Multi Speciality Centre, Dr. Isaac Mathai, Homeopathic practitioner at SOUKYA International Holistic Health Centre. Dr. Tom opened the discussion on the fundamentals and difference between functional and integrative

medicine. The word integrative means to bring together. There are some practitioners who have been studying from many years and then brought different lines of thinking and techniques to use to help a patient. It is the practitioner, not the discipline or the marketing that they label themselves with.

We have to learn that we cannot put our bodies in the hands of someone else. The concept is of building a team approach to take care of our health — a team comprising of a homeopath, ayurvedic practitioner, integrative paediatrician, nutrition so on. It is difficult because we have been trying to give up our decision making to one person and put our bodies in the hands of one doctor. Our doctors are trained that way — to be in charge of everything but they are not trained in everything. Unfortunately, we all have to learn more about how to take care of our own health and you learn by asking your friends, by reading, by attending events like these, listening to worldwide experts.

Dr. Barry Marshall, a gastroenterologist in Australia wrote a paper in 1986 where he said ulcers are sometimes caused by a bacterium. Everyone disagreed saying that ulcers are caused by too much acid. To prove his point, he did an endoscopy. He put a camera to take pictures of his healthy pink stomach. Then he drank a beaker of bacteria called *Helicobacter pylori* and waited 5 days until he was very sick and then did another endoscopy and took pictures of the ulcers in his stomach. He then took the antibiotics to kill the bacteria. He waited about 9-10 days and did another endoscopy to take the pictures of the healthy pink tissues of the stomach. The WHO sent it to every medical professional in the world, because at that time this bacterium was known to cause stomach cancer which was the number 1 cancer killing people around. So, the theory was, if our doctors knew about this bacterium and just checks when someone has an upset stomach and heart burn, sometimes it'll be a bacterial infection. If they kill the bacteria, they'll never get the stomach cancer and the incidence of cancer will go down. And that's what actually happened. 21 years later he won the Nobel Prize in Medicine and the committee said Dr. Barry Marshall and his partner, who with tenacity and a prepared-mind challenged the prevailing dogma. All of us need tenacity, which means every week, we must learn a little more about how to take care of myself and family to prepare our mind how to think so that we challenge the prevailing dogma. What happens after 6 months? We think differently. We prepared our mind.

Homeopathy depends on the symptomatology of the person over the condition. Today India has the highest number of homeopathic practitioners and patients with simple childhood illnesses to orthodox conditions like cancer are going to homeopathic practitioners. Many think that homeopathy is an Indian medicine developed from Ayurveda, but it came from Germany and came to India 150 years ago. Samuel Hahnemann, the founder of homeopathy described it as “any imbalance in our system will produce symptoms, or long-term imbalances will

“Many think that homeopathy is an Indian medicine developed from Ayurveda, but it came from Germany and came to India 150 years ago.”

cause chronic diseases”. The medicine which is used, can produce similar symptoms in healthy human beings for treating diseases. So, it is the skill of the doctor to identify which medicine to use. A good doctor will do whatever is best for the patient. They see what will be the best for the patient rather than what looks best from their system of medicine.

Ayurveda is sometimes referred to as a holistic medicine because we have to take the person as a whole. Diseases are not treated on the basis of symptoms and has to be a complete holistic approach to a disease or condition. We as individuals have to take that responsibility to achieve this.

Many patients are usually looking at a quick fix. We need to understand what exactly is causing the problem. Unless those factors that cause the problem are removed, which in ayurveda is called as *nidaan parivarjan* and “avoidance” in common language, we will not get rid of those problems.

Dr. Tom highlighted on how chronic disease has replaced acute as the dominant health problem. Our

medical doctors are trained in acute care. The Dean of Medicine in Stanford Medical School gave a graduation commencement talk and he apologised to the students where he said “we just gave you the best medical education in the world, 2nd to none and I must apologise to you for that education because you are not prepared to go into practice. We have trained you in acute care. We have trained you how to deal with a crisis that comes in. But 78% of everything that comes into your practice is not acute. It is chronic.” Things have been building up over time. And we know in the US over 90% of all the dollars spent in healthcare for the elderly in medical and medi-care and Medicaid is for chronic problems. There are little things that

Health professionals need to spend time with our patient. They must go into the medical history, do the proper physical examination. Ayurveda clearly mentions that: Darshan, meaning looking at the patient. Sparshan, means touching and physical examination of the patient, and Prashnan is questioning the patient. A 10-fold examination of the patient is done, to lead to the diagnosis. Family history too has to be recorded. Very interestingly, the first chapter on treatment in the charaksamhita, the father of Indian medicine is on building immunity and then follows the treatment lessons. And when we talk about general wellbeing, the first chapter is on longevity— how to lead a good life.



worsen. For example, if we have a sore throat, we want to get the sore throat fixed. However, we must ask: where did the sore throat come from? In Ayurveda, or homeopathy or functional medicine they have an entire practice for looking at how the body is functioning, and not just where is the pain. Pain is the end point where the body can't compensate anymore.

Dr. Gunawant threw light on how many practitioners have lost their clinical eye, because of their reliance on the diagnosis and testing.

The clinician now is faced with separate, distinct, necessary lines of thought — stabilise acute manifestations and address the underlying chronic inflammatory disease. At the turn of the 20th century, renowned physicist Max Planck remarked, “A new scientific truth does not triumph by convincing its opponents and making them see the light, but rather because its opponents eventually die and a new generation grows up that is familiar with the new truth.” Once a belief is established, people will actively seek out information that supports it. If confronted with

mixed evidence, people will give greater weight to information that supports their belief while discounting contradictory information. Quality-of-care studies show that the medical profession is always behind the evidence curve, with <50% adoption of validated new procedures many years after the evidence has become clear.

According to the 2019 Global Burden of Disease Study of 195 countries, dietary factors are the single leading cause of death, exacting an even greater health burden than smoking. The reviewed studies showed that nutrition is insufficiently incorporated into medical education, regardless of country, setting, or year of medical education. Medical students do not feel prepared to manage situations in which definitive nutrition therapy has the most potential to affect patient outcomes, and their nutrition knowledge deficits continue into medical practice. Of the 105 medical schools answering questions, in 2016 about courses and contact hours, only 26 (25%) required a dedicated nutrition course; in 2004, 32 (30%) of 106 schools did. In 2015, a study that surveyed all 133 US medical schools, responses came from 121 institutions. Most US medical schools (86/121, 71%) fail to provide the recommended minimum 25 hours of nutrition education, 43 (36%) provide less than half that much.

“Many practitioners have lose their clinical eye because of their reliance on diagnosis and testing. They need to spend time with the patient.”



The western and eastern nutrition have a difference in opinion. Ayurveda’s nutrition is based on the body constitution and lot of things on diet. In India, the government claims to support Aayush or ayurvedic nutrition, especially for children to increase haemoglobin percentage. We must consider more local foods instead of imported goods, in connection with your traditional eating habits, not on an imported idea. Nutrition is not just an important consideration we must make in a diseased condition, but for normal balance and wellbeing to prevent disease.

Based on the predominance of the doshas, our food requirements are designed by an ayurvedic doctor. So, if someone is a vata personality, he will be given food that does not aggravate his vata and keep the others in balance as well. There are recommendations season wise. There are concepts that work on writu (season), dinacharya (daily basis) etc. When a patient comes, the record of the person’s dietary habits, lifestyle, which geographical region he belongs to, medical history etc. are first taken and only then they are given the advice of what sort of changes have to be made to their diet. These are all very personalised answers. They must also address the essentiality of the micronutrients, apart from carbohydrates, proteins and fats. People are just popping in vitamin pills and don’t understand that there are micronutrients, which though required in small quantities are very important part of our life, and that is provided by our spices. ■



Why Is It So Difficult To Accept Food Sensitivity?

Dr Jyoti Prasad

Food sensitivity — hit or myth? Often enough we think that the person is mistaken or maybe there is some misunderstanding or a type of phobia. My cousin who stays in America revealed that he was allergic to shellfish and was told to come to India, where his condition would magically cure itself. These are some of the common hilarious reactions many people face when they utter the words ‘food sensitivity’.

Here’s the question that lingers my mind: If we can accept that someone can be allergic to pollen, dust, artificial colours, why can’t we accept that food allergies and sensitives are real?

Another question that has been asked: ‘Why is it now?’ The human species has been

surviving on food since its existence so why have we not come across it before? It’s simple enough to answer: The science was not developed back then to detect it with such clarity as it is now. Back then the food was not as processed or artificially modified. For example, the gluten content of wheat which is cultivated in today’s generation is much more than before. The environment in which the food grows to the environment in which we live have changed a lot. The accumulation of all these and much more have resulted in increased incidence of food sensitivity in the whole world.” There are thousands and thousands of researches on food sensitivity and other related topics.

Alas! Even when someone accepts that a person can be sensitive to a food at present, they do not appear to believe that a food allergy does not originate at birth. We hear things like: “you say you are allergic to milk but 3 months ago I saw you drinking milk”. The fact is any food sensitivity can develop at any age, at any time of the year, in any season, which the person becomes aware of once they notice the symptoms. The severity of symptoms may vary from something as simple as constipation to breathlessness. The person may be consuming the food from childhood, but the onset can be acute. The quantity of food even matters sometimes. Some people may tolerate small quantities of same food but the symptoms may increase if the quantity increase.

Food sensitivity is a very sensitive topic. Not only to the person who is facing but to the others too. A very interesting one to read about and scary to comment on. The range of current attitudes of the people clearly reflects the chaotic understanding of this topic. ■



UAE lab to launch service that detects gluten in food products

Hidden gluten, is a serious worry for all those who are off-gluten. Be it hidden ingredients or cross contamination, products are not totally off-gluten, as they claim so. To the consumers’ rescue, in May this year, Dubai Municipality has announced the development of a service to detect the presence of gluten in food, by the Dubai Central Laboratory (DCL) using ELISA technology (Enzyme-Linked Immunosorbent Assay). The service aims to ensure consumer protection and quality of products through its strategic focus which includes sustainable environmental and food resources and preserving the safety and health of community members. ■

WHAT'S COOKIN'?

This month: Gluten-Free Maggi & KFC-Style Rice

GLUTEN-FREE MAGGI

INGREDIENTS

- Rice vermicelli 100 gm
- Maggi masala-e-magic..... 2.5 pkts
- Salt To taste
- Finely chopped ½ cup
vegetables (ginger,
green chilli, tomato,
spring onion, carrots,
mushroom)



METHOD

- Heat the vessel and put just a little bit of oil.
- Add all the vegetables and allow them cook a little.
- Then add some water, the spice and some salt to taste.
- Throw in the rice vermicelli into the mix, and let it cook.
- Serve in a large bowl and slurrrr!

Recipe source: *Dr. Jyoti Prasad*



A Genetic Autoimmune Disease

www.jmitra.co.in

83% of the people with Celiac disease are **UNDIAGNOSED**. Diagnose it with.....

**DIAGNOS
CELIAC CARD**

Rapid visual and sensitive test for the qualitative detection of Celiac disease associated (anti-tTG) IgM, IgG & IgA antibodies in human serum/plasma



Only Indian Company to Manufacture CELIAC Detection Kit for **RAPID & ELISA TESTS** in collaboration with **AIIMS-ICGEB-THSTI**, Sponsored by the **Department of Biotechnology, Govt of India**

**CELIAC
MICROLISA**

Microwell ELISA Test for the quantitative detection of Celiac disease associated (anti-tTG) IgA antibodies in human serum/plasma



• Rapid Test Kits
• Elisa Test Kits
• Blood Grouping Sera
• Fluorescence Immunoassay Test Kits

E-mail: jmitra@jmitra.co.in | Tel.: +91-11-471-30-300 | www.jmitra.co.in



KFC-STYLE RICE

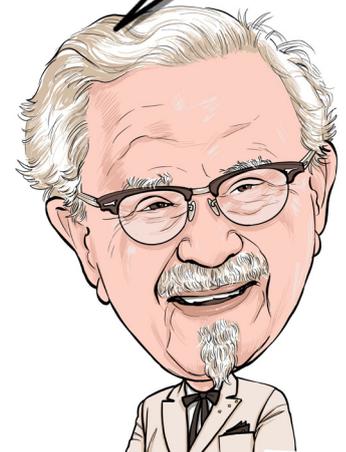
INGREDIENTS

Oil	½ cup
Rice, soaked in water	1 kg
Capsicum	2-3
Cardamon	4-5
Cloves	10-12
Butter	100 gm
Salt	1 ½ tbsp
Water	1.5 litres

Recipe source: Dr. Jyoti Prasad

METHOD

- Heat the butter in a karahi and gently add the capsicum.
- Add the oil and the spices to the karahi.
- Let the butter melt and then add the salt.
- After the butter has melted completely, add water to the mix.
- When the water starts to boil, add the rice to it and let the mix cook over a high flame till it is almost dry and cooks to 75%.
- Reduce the flame when most of the water has dried up and steam has been released.
- Cover the karahi with a lid and let it stay for approximately 20 minutes.
- Your finger-lickin' rice is ready to serve and eat!



Word Search

Can you find these words in the puzzle?

**THERAPEUTIC
YOGA
HEALTH
HOLISTIC
AYURVEDA
HOMEOPATHY
HEALING
MEDICINE
INTEGRATIVE
ALLOPATHY**

I	N	T	E	G	R	A	T	I	V	E	H	E	Y
H	V	L	H	O	M	E	O	P	A	T	H	Y	H
D	E	E	O	I	P	P	H	T	A	H	E	A	U
E	H	T	I	P	P	T	E	A	A	A	N	I	V
L	H	T	H	E	R	A	P	E	U	T	I	C	H
E	A	D	E	I	V	T	T	L	I	I	C	G	T
Y	H	O	L	I	S	T	I	C	H	A	I	Y	R
E	N	H	H	E	U	N	H	H	T	Y	D	O	E
E	I	A	T	T	G	P	H	A	P	I	E	G	L
L	Y	T	L	E	M	T	A	C	A	H	M	A	C
A	O	T	A	E	R	O	H	E	A	L	I	N	G
R	N	O	E	H	T	S	G	O	A	L	E	I	E
E	H	R	H	H	A	D	E	V	R	U	Y	A	U
L	A	L	L	O	P	A	T	H	Y	A	O	G	N

Play this puzzle online: thewordsearch.com/puzzle/3741795/

A Grain Of Truth

Going gluten-free helped this 24-year-old get off steroids.

Twenty-four-year old Pradeep Chandra (name changed) developed severe vomiting in August 2019 that did not stop even after visits to doctors. Having always been underweight, with a family history of high blood pressure and high cholesterol, he suffers from low energy. He has small bumps on his shoulders, and acne on face and back.

On being tested for Celiac Disease, his doctor discovered that his tTG (Tissue Transglutaminase), a highly sensitive marker of celiac disease, was at 220, an alarming figure given the normal is 20mg. After giving up wheat products, his vomiting did stop temporarily, and he began to feel better, but this effect was shortlived.

Within a few days, Pradeep had stomach problems with loose motion and developed ulcerative colitis — he was then put on steroids.

Pradeep gave up wheat entirely and started eating corn chappatis. He felt better but within a few months he developed gastritis and severe acidity.

Finally, in 2022 he came to Ishi Khosla, with a host of issues: severe gastritis, low energy, low haemoglobin, high CRP, an inflammatory marker of 49- lot of inflammation (<5mg/L is the normal range). His iron levels were low; tTG had normalised and his liver function was normal.

He was advised to switch to rice and jackfruit flour. Since then, his symptoms of gastritis had disappeared and he is absolutely normal. He is not taking any other medicine and those for colitis was also stopped. ■



Newsletter curation: Celiac Society of India
 Publication layout design: The Partum Collective
 Web optimisation: Himalayan IT Solutions Pvt. Ltd.
 Content research: Anindita Das
 Logo design: Nabadeep Kakati
 Tech support & mailing: Neha Jain

The Celiac Society of India presents its new website, found at celiacsocietyofindia.com.
 More information about ISWD 2019 can be found at iswd2019.com.