

THE CELIAC SOCIETY OF INDIA PRESENTS

WHEAT VIEWS



A gluten-free meal, photo by Life Alive

COVID AND IMMUNITY

How our diet and lifestyle can help us fight coronavirus; and a glance at Coeliac UK's efforts for patient care

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RECAP: ISWD 2019

Covering the International Symposium on Wheat Related Disorders at India Habitat Centre, Delhi

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GLUTEN-FREE LIVING

Recipes, personal histories and a crossword puzzle customised for a gluten-free lifestyle.

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Is wheat harming you?

The allergic reactions to food containing wheat are basically called wheat allergy/sensitivity. A wheat allergy is one of the most common childhood food allergies. However, it can also occur in adults. It is an immune system response, which occurs when the immune system mistakes a neutral or beneficial substance for a pathogen and attacks it. People with a wheat allergy have an irregular immune system response to one or more of the proteins in wheat- albumin, globulin, gliadin, glutenin, against which a person has developed a specific antibody. People may experience an allergic reaction when they inhale wheat flour or after consuming it orally or if they exercise within a few hours of consuming wheat proteins which may occur within minutes or hours.

If a person with a wheat allergy is exposed to it, they may experience debilitating symptoms. In some cases, anaphylaxis can occur which is a life threatening allergic response. People who suspect having a wheat allergy must immediately seek medical attention to confirm the diagnosis.

The two main risk factors for a wheat allergy are family history and age. If a close relative has a wheat allergy, hay fever or asthma, there is a high risk that a person will develop a wheat allergy themselves, sooner or later. Infants and young children are more likely to have a wheat allergy than older adults as their immune and digestive systems have not yet matured. Most children eventually outgrow this allergy, however.

Wheat allergy is sometimes confused with celiac disease which is an autoimmune condition that affects a person's digestive tract. Gluten, which is present in wheat, barley, rye and a number of other food stuffs, can still trigger an irregular autoimmune response but the medical management tips and nutrition guidelines differ for people with celiac disease. Although gluten is a protein in wheat, people with celiac disease will not experience anaphylaxis as celiac disease is not an allergic reaction. Statistics peg the prevalence of Celiac Disease at 1% at a global level and that of wheat related disease is about 6% and more than 90% cases remain undiagnosed. In India, about 6-8 million Indians are estimated to have this disease and its prevalence in the North Indian community is 1 in 100.

The difference between celiac disease and wheat sensitivity is in intestinal permeability and genes regulating the immune response in the gut. Intestinal permeability connotes the ability of the mu-



cosal layer of the digestive tract to prevent bacteria, antigens, and undigested food proteins from seeping through the gastrointestinal barrier. Those who have celiac or wheat sensitivity often have a high degree of permeability, also called the leaky gut. Although gluten-sensitive patients may have diarrhoea, abdominal pain and other symptoms associated with celiac disease, they do not necessarily have the same type of damage to the mucosa in celiac disease. In other words the mechanisms of intestinal damage are different but the manifestations & management in both conditions are similar. That there is a wide range of diseases and medical conditions that are associated with intake of wheat is revealed by the statement of Dr. Alessio Fasano (Director of Paediatric Gastroenterology at the Massachusetts General Hospital for Children, Boston). He claims that around 300 health conditions are linked to wheat/gluten intolerance. Avoiding wheat is the primary treatment for wheat allergy, which isn't always as easy as it sounds. Wheat is found in many foods, including some we might not suspect such as soy sauce, ice cream and hot dogs. Medications may be necessary to manage allergic reactions if we accidentally eat wheat. Until now it was thought that people with non-celiac wheat sensitivity only experienced symptoms and did not have any intestinal damage. However, in July 2016, a team of researchers at Columbia University Medical Centre published a study confirming that wheat exposure in their group of study is, in fact, triggering a systemic immune reaction and accompanying intestinal cell damage.

A glance at Coeliac UK

Coeliac UK is a charity registered in England, Wales & Scotland and a company limited by guarantee in England & Wales, for people who need to live without gluten. They provide independent, trustworthy advice and support so people can live well, gluten free.

New digital resource to support you after diagnosis: When one is first diagnosed with coeliac disease, they should be referred to a dietician to help them get started on a gluten free diet. Due to coronavirus, this appointment might be delayed, so a new support has been developed to help 'coeliac-s' get started. One may not be able to see their NHS dietician in person, but a number of expert helpline dieticians are available for advice on coeliac disease, gluten-free diet, reading food labels, cooking and eating out on a gluten free diet.

What to do if one has symptoms: If one has diarrhoea or is vomiting, it's important to keep themselves well hydrated. While medication to treat constipation, diarrhoea or headaches can ease symptoms, that must be checked with their physicians. The best thing might be to get back to a gluten free diet to try to prevent further symptoms.

The risk of being coeliac increases to one in ten if an immediate family member has the condition.

If you make a mistake: Following a gluten-free diet is a learning process for everybody. Mistakes can happen, more so when recently diagnosed. A person with coeliac who consumes gluten by mistake, would notice symptoms a few hours after consumption. They can last from a few hours to several days. The effects vary and depend on how much gluten one has eaten, how sensitive they are and how long they have been on a gluten free diet. If one makes the occasional mistake and eats gluten by accident, it's unlikely to cause lasting gut damage. Coeliac UK helpline is staffed with dieticians and food experts to help with advice and support.

Feeling better: After being diagnosed with coeliac disease and moving to a gluten free diet, one will start to feel better as the gut heals. It can take between six months and up to five years (in some cases longer) for the gut damage caused by eating gluten to fully heal. Several factors are thought to be involved in the variable time taken for the gut to heal, including age and severity of gut damage at diagnosis.

Celiac and coronavirus

In times of this Covid-19 pandemic, the UK Government has identified two groups who are considered to be vulnerable.

1. People who are clinically extremely vulnerable, who should follow shielding advice. People with coeliac disease who have no other health conditions do not fall into this category.
2. People who are clinically vulnerable who should take particular care to minimise contact with others outside of their household.

Follow the relevant guidance for your country (England, Northern Ireland, Scotland, Wales) which is regularly updated; strictly follow a gluten free diet; advised not to feel alone. Coeliac UK has an efficient digital presence to support coeliac patients.

Building immunity through a holistic diet

Warding off infections is a highly complex task performed by the body's innate and adaptive immune system. Immunity building is not about consuming a single magical product, and it certainly cannot be acquired overnight. We must review our relationship with food, its impact on the body and our overall health. A prevalence of addictive foods (grain, sugar, cheese) cause our gut microbiome to change, leading to deficiencies, diseases and autoimmune disorders. To fix the gut in a healthy way, consider a 3P formula: Plan Ahead (peak hunger time, exercise, deficiencies), Protein Check (twice a day, paired with vegetables), Protective Foods (vegetables, fruits, nuts, probiotics).

To specifically boost immunity, consider supplements (vitamins D, C, B-complex, zinc, magnesium), probiotics (isabgol, fibre-rich foods), foods (papaya, oranges, leafy vegetables, mushrooms), healthy fats (cow ghee, virgin coconut oil, chia seeds), spices (tulsi, giloy, ginger, garlic, neem, amla, honey, haldi, black pepper, ashwagandha, propolis, kutki) and extra good hydration. Avoid smoking, alcohol, limit sugar, dairy and meats, gargle and steam regularly, and practice modest exercise regularly.

ISWD 2019

International Symposium of Wheat-Related Disorders



In a bid to discuss and explore the best ways to address the challenges faced by patients with celiac disease and discuss the way forward, the International Symposium on Wheat Related Disorder (ISWD) was organized on 12-13 January 2019, at the India Habitat Centre, New Delhi, by the Celiac Society of India. The aim was to draw attention to wheat related disorders, including CD, one of the world's most under diagnosed nutritional and medical condition. The symposium with the central theme of Beyond Celiac & Beyond the Gut sought to bring experts and authorities on wheat related disorders from across the globe onto a single platform; it attracted the attention of regulatory bodies like FSSAI and Niti Aayog. Physicians, gastroenterologists, dermatologists, paediatricians, neurologists, nutritionists and other professionals from USA, Canada, Italy, New Zealand, Germany and Israel, besides India, were in attendance to discuss on latest research findings; developments in early diagnosis and treatment of celiac disease and gluten intolerance. There was also an expo showcasing gluten-free products. International symposium on Wheat related disorders was chaired by Dr Tom O Bryan, who is a functional medical practitioner, internationally recognized speaker, brilliant clinician, educator, world renowned expert in gluten related disorders, celiac disease, wheat related allergies and metabolic disorders. He is the author of "You can fix your brain"

which guides the readers, gives tools to improve brain functions, empowers us to take concrete steps that enables our brain to improve memory, be vital, clear, energized, removing fogginess! It's a great insight about wheat related disorders, awareness drive for health professionals, for educationists. He has curated Dream Team 2019, proud to be a member for Dream Team 2019 ISWD. Speaking about the symposium, Ms Ishi Khosla, Founder President, Celiac Society of India, mentioned "The aim is to not target wheat but rather to help those suffering from wheat sensitivity to get diagnosed and to lead better lives." Adding his comments Dr Tom O'Bryan, DC, CCN, DACBN, Adjunct Faculty, The Institute for Functional Medicine, Scientific Advisory Board-International and American Association of Clinical Nutritionists said, "Once thought of as a Western disease, Celiac Disease is yet to receive the much-needed concern in India and Asia as a whole. The incidence of this condition has increased five-fold in the last since 1974. Apart from the fact that it can occur at any age and is highly under diagnosed, celiac disease and gluten insensitivity can impact both physical and mental health. The need of the hour is to increase awareness among people and physicians alike. With so many challenges and opportunities, I am sure that this symposium will prove to be the ideal platform in bringing some of these core concerns to the fore."



Padma Shri Awardee, Dr K K Aggarwal, President, Heart Care Foundation of India, added "Wheat has been a fundamental source of nutrition for ages in India. Due to the growing sensitivity related to this power grain, it has become imperative to create awareness on a larger scale. While a lot of research has been going on in this area, there is still much ground to be covered. The fact that wheat-related diseases are also associated with other conditions such as mouth ulcers, anaemia, osteoporosis, arthritis, easy fractures, etc., there is an urgent need to explore treatment options and safer or less harmful alternatives to wheat." Some of the other prominent speakers at the symposium are Professor Anupam Sibal, MD, FIMSA, FIAP, FRCP (Glasg), FRCP (Lon), FRCPCH, FAAP, Group Medical Director of the Apollo Hospitals Group; Mr Pawan Agarwal, CEO of India's food regulator, the Food Safety and Standards Authority of India (FSSAI); and Dr B S Ramakrishna, Professor and Head, Department of Gastroenterology, at SRM Institutes for Medical Science, Vellore & Dr Sarath Gopalan a leading paediatric Gastroenterologist and Organising Secretary of ISWD 2019. Some other notable speakers who expressed their views and experiences on wheat related disorders and celiac disease are- Professor Yehuda Shoenfeld, Israel, Professor Aaron Lerner, Germany, Dr Govind Makharia, India, Dr Torsten Matthias, Germany, Dr Deanna Minich, USA, Dr

Camille Lieners, Luxemborg, Professor MK Bhan, India, Dr Mark Hyman, USA, Dr Ajit Sood, India, Dr Kiran Krishnan, USA, Ms Neelanjana Singh, India, Ms Marzi O Bryan, USA, Dr Thomas Bayne, USA, Dr Priya Kamani, USA, Dr Anshu Srivastava, India, Dr Rodney Ford, New Zealand, Dr Natasha Campbell, USA, Dr Amita Mahajan, India, Dr Anju Mahendru Singh, India. There were discussions on topics like- auto-immune tautology, wheat related disorders and the gut, living a gluten free lifestyle, recognising wheat related disorders, wheat related disorders which are beyond celiac and beyond the gut, manifestations of wheat related disorders and the future directions in research and education. As highlighted in the ISWD, common symptoms of wheat related diseases include recurrent digestive complaints, milk intolerance, liver dysfunction, lack of appetite, mouth ulcers, growth failure, difficulty in losing and gaining weight, flattened nails, easy bruising, anaemia, frequent headaches, bone and joint pain, easy fractures, infertility, recurrent miscarriages, giddiness and imbalance, epilepsy, numbness and tingling sensation, depression, anxiety, poor attention span, itchy blistering rash, eczema and Psoriasis. Not to miss out the partners and sponsors of ISWD, -Max Healthcare, Imupro, India Gate Basmati Rice, Indian Dietetic Association, FSSAI, Times Foundation and AOGAN.

GLUTEN-FREE LIVING

Recipe 01 / Kale and pea salad with almond dressing



Photo by Donna Bustard, Sweet Peas and Saffron

INGREDIENTS

Kale	2 cups
Boiled Peas	1/4 cup
Almonds	10 pcs
Flaked Almonds	1 tbsp
Water	3/4 cup
Tahini	1/2 cup
Lemon	1/4 cup
Sea-salt	1/2 tsp
Virgin olive oil	2 tbsp
Garlic cloves	2 pcs
Cumin powder	1 tbsp

METHOD

Wash and roughly chop kale leaves in a large bowl.
Grind almonds and water in a blender jar to make almond pulp.
For the salad dressing, mix almond pulp with tahini, lemon juice, sea salt, olive oil, minced garlic and cumin powder.
Add boiled peas to kale bowl and pour the dressing over it.
Toss, top with flaked almonds and enjoy!

Dr. Komal's experience

I am Dr. Komal, a Dentist, and a patient of PCOD from a young age. At first, I was mostly healthy. After I got married, I started developing several health issues. First I was diagnosed with TB Meningitis which took 9 months of medication. Two weeks after delivering two babies, I developed severe headaches due to clots in my brain. The same night, I had a hemiplegic attack which left one half of my body paralysed. I was unable to walk properly and required assistance for every little task. With the help of intensive physiotherapy and medication, I began to recover. 6 months later, I was diagnosed with bilateral sensorineural hearing loss. A medicine-intensive treatment pulled me through. Yet, this had a severe impact on my body. I gained 30kgs of weight, my husband showed little interest in me, and I became self-conscious. I was shattered and depressed.
My mother told me there is always a solution. I quickly gave up the idea of slimming centres and liposuction because I did not want to go under the knife. I joined a gym near my house but my weight continued to be an issue. Then, while searching for

dieticians, I came across Ishi Khosla in Delhi. Despite my reservations about dieticians, I decided to meet her. Ms Khosla was very straightforward. She recommended a diet for me with alternative grains. Despite my reluctance to change a 30-year old food pattern, she persuaded me to try, and I am glad I did! Within a few months my weight reduced by 5 kgs. My confidence grew and I kept at it. Today, I am proud to share that I have lost 31 kgs and recovered my confidence. Even my medications have reduced to a negligible amount. Azoran reduced from 100 mg/day to 25 mg/day, Omnacortil (a steroid) from 60 mg to 1 mg/day, Cetapin (to control diabetes) from 1500 mg/day to 500 mg/day.
With Ms. Khosla's advice, I was able to transform my life. Even during the Covid-19 lockdown, without contacting Ms. Khosla, I have not gained an ounce of weight. I continue to eat my favourite foods, never have to miss out on parties or outings, have stopped sleeping on an empty stomach, and always feel energetic and fresh.
I can never thank Ishi Khosla enough for guiding me through a very difficult phase of my life.

Recipe 02 / Cauliflower and yoghurt dip



Photo by Tara Donne, Epicurious

INGREDIENTS

Cauliflower	2 pcs
Lemon juice	1/4 cup
Plain yoghurt	1 cup
Onions	2 pcs
Garlic cloves	2 pcs
Virgin olive oil	1/2 cup
Water	As reqd
Chilli flakes	As reqd
Raw peanuts	As reqd
Coriander leaves	1 handful

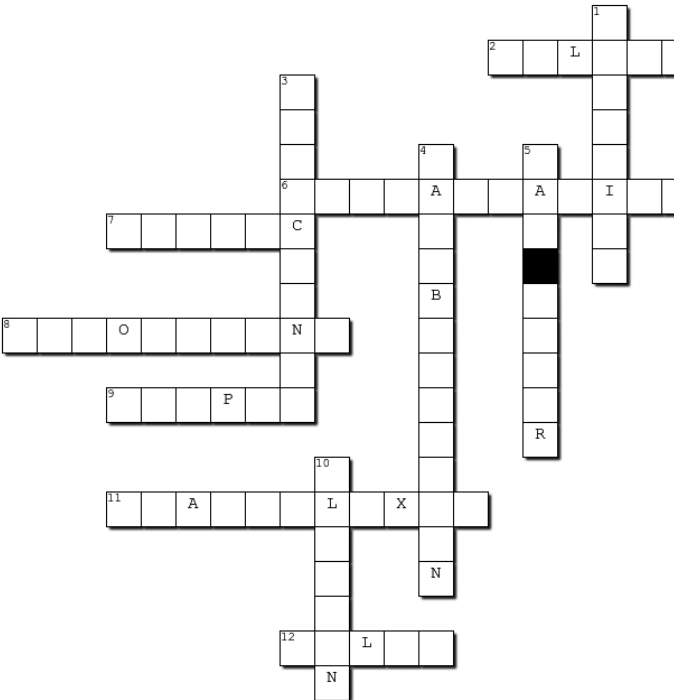
METHOD

Cut cauliflower into small florets and chop garlic, coriander and onions.
Boil cauliflower and garlic in a pan over medium flame until florets are tender.
Sauté onions in oil, sprinkle with salt to taste. Blend cauliflower and onions with lime juice, yoghurt and water to a smooth mixture.
Transfer to a bowl and garnish with peanuts, chilli flakes and chopped coriander leaves.
Serve with a snack!

Find your wheat views!

DOWN

1. While switching to a gluten-free diet, make sure you don't suffer from nutrient ____.
2. These small, finger-like projections in the small



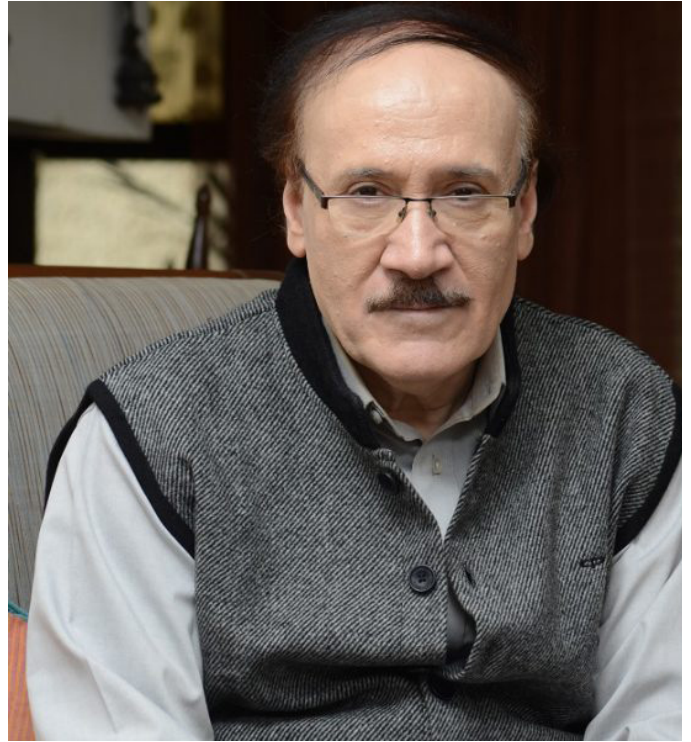
- intestine are damaged with gluten-sensitivity.
4. Common symptoms of celiac and wheat allergy where the belly feels swollen after eating.
 5. Gluten intolerance that causes characteristic changes in the lining of the small intestine results in ____.
 6. Allergic response to wheat-sensitivity.
 7. Celiac is a disease arising from an immune response to a functioning body part known as ____.
 9. Protein in wheat, cereals etc., essential for helping bread to rise properly while baking.

ACROSS

3. Don't ignore its symptoms or confuse with wheat sensitivity
8. Allergic reaction which may occur in a wheat-sensitive person, different from celieac.
10. Gluten-free grain which helps support healthy gut flora.
11. Body's immune response to an irritant.
12. Small bowel ____ should be used to confirm the diagnosis of celiac diseases in most patients.

Remembering Dr. Bhan

For me, it was a huge loss to lose a senior colleague who was also the Patron of the Celiac Society of India. Dr. M.K. Bhan left us bereft with his demise on 26 January, 2020. He achieved a lot in his lifetime professionally- Padmabhushan awardee Dr. Maharaj Kishan Bhan was also the recipient of several prestigious awards including the Shanti Swarup Bhatnagar Prize for Science and Technology, an elected Fellow of the National Academy of Medical Sciences, former Secretary Department of Biotechnology, Government of India, developer of the first Rota Viral Vaccine in India, a paediatrician, a clinical scientist with extensive post- doctoral research. He was a giant in the field Biotechnology in India. Above all Dr Bhan was also deeply committed to nutrition related issues. Through his research and experience he was clear about the epidemic of wheat sensitivity & the need to raise awareness about Wheat related disorders. The Celiac Society will forever miss his support and expertise.



Editors' note

Hello Friends,

The Covid-19 pandemic has been unprecedented in the havoc it has created in all aspects of life for one and all. No one expected 2020 to bring with it so much stress and suffering across the globe.

Our inner strength and resilience have been challenged. Our immune system has assumed so much importance and each one is looking at their diets and what's at the end of their fork! It is important to know that those with co-morbid conditions and autoimmune disorders like Celiac disease or with wheat sensitivity are more vulnerable than others to the risk and severity of infection.

Wheat Views highlights some aspects of this issue.

It also refreshes memories of the International symposium on wheat related disorders.

The first International Symposium on Wheat Related Disorders (ISWD) was produced with the specific goal of bringing cutting-edge information on wheat related disorders, expanding awareness of its many manifestations. The 2-day symposium was held in New Delhi on 12-13th January 2019 with the central theme of "Beyond Celiac & Beyond the Gut". It brought experts and authorities from across the globe onto a single platform.

I would also on behalf of the Celiac Society of India pay my heartfelt condolences on the passing away of the Patron of the Celiac Society Dr. M.K. Bhan earlier this year.

May his soul rest in eternal peace.

I pray that you and your families keep safe, positive and follow the Government advisory. Building inner resilience is key to win the war on this virus.

Ishi K