

THE CELIAC SOCIETY OF INDIA PRESENTS

WHEAT VIEWS

JULY 2021
ISSUE 01 / VOLUME 04



MAKE YOUR FOOD YOUR WEAPON

The findings from a
webinar conducted by
international experts

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PROBIOTICS ARE AN ESSENTIAL - HERE'S WHY...

The benefits of consuming
probiotics to ward off viral
infections and microbes.

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MONSOON YUM: KETTLE CAKES AND APPAMS!

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

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EDITOR'S NOTE



Ishi
Ishi Khosla

Dear Reader,

“If you thought you were too small to make a difference, try sleeping with a mosquito”
— Dalai Lama.

These wise words come to me as I ponder over how an invisible virus could hold the world to ransom. Who would have thought that trillions of microbes inside us orchestrate our lives, literally determining who we are inside out!

2500 years ago, Hippocrates stated ‘**all disease begins in the gut.**’ Little did he know his incredible intuition would *only recently* be fully appreciated because of new insights into the pathogenesis of many chronic inflammatory diseases (CIDs) afflicting humankind.

It is now clear that the gut microbiota is central to the pathogenesis of immune system disorders. While multiple mechanisms are involved, the immune system clearly plays a special role. Indeed, the breakdown of the physiological balance in gut microbial composition leads to dysbiosis, which is then able to enhance inflammation and subsequently can influence gene expression, as well as modulate our immunity.

This issue is all about tools to fight the pandemic through diet, gut and probiotics.

This is even more important for those who are still recovering from the infection. Rebuilding the microbiome & depleted nutrition is central to recovery. Bonus: Don't miss the special Kettle Cake recipe in this issue – a traditional breakfast dish in the NorthEast, it is easy to make and digest!

I sincerely hope you enjoy the issue!

CSI Partners With USA-Based KnowWewell

At the Celiac Society, we endeavour to empower people to take charge of their own well-being. With this in mind, the Celiac Society of India is pleased to announce its partnership with KnoWewell, USA, a global Regenerative Whole Health™ services company, and an online destination for trusted resources and ecosystem collaborating to inspire and empower individuals to prevent harm, and achieve wealthier living.

With a mission to transform healthcare, the portal shares knowledge and success stories, provides access to screened, verified and background-checked practitioners, as well as expert-led and peer-reviewed content, evidence-based resources. In addition, today's healthcare providers and mission-aligned non-profits can also create meaningful connections and prosper their businesses.

KnoWewell membership (\$260 value annually) is free for CSI members – using discount code 'CSI' (practitioners, please use discount code CSIP). As part of KWW's private community, CSI members get free access to over 40 members: only educational on-demand webinars, ongoing monthly educational programs, and resources on 85 topic groups. In partnership with KnoWewell, CSI is hosting

an important 6-part series titled '[Global Healing approaches for Enhancing Your Immune System Capabilities](#)', to delve into the immune system.

In this series, we explain a Regenerative Whole Health™ approach by connecting the dots between food, lifestyle choices, planet and people's health. Top experts from around the globe will help give realistic approaches to protecting oneself and family: Live from India, US and other parts of the world, every Tuesday from July 6 – August 10, the series will feature experts from across the globe: Dr Tom O'Bryan, Dr Terry Wahls, Sister Shivani, Ishi Khosla and many world authorities in whole health, naturopathy, ayurveda, homeopathy, fitness, mental health, and happiness.

Part 1: Understanding Immune System Capabilities: *July 6, 4pm (available on demand)*

Part 2: Global Healing Approaches to Support your Immune System: *July 13, 4pm*

Part 3: [Nutritional Interventions for a Healthier Life:](#) *July 20, 4pm*

Part 4: Nutrition (part 2) Lets get to the Kitchen: *July 27, 4pm*

Part 5: Don't Worry! Be Happy: *August 3, 4pm*

Part 6: The Role of Exercise in Building a Robust Immune System: *August 10, 4pm*



LIVE From INDIA

Global Healing Approaches to Enhance Your Immune System - 6 Part Series

Tuesdays: July 6th, 13th, 20th, 27th, August 3rd, 10th

6:30 AM EST
4:00 PM INDIA



Celiac Society of India

present:



Ishi Khosla
Clinical Nutritionist
Celiac Society of India



Mala Sekhri
Moderator & Media Expert
Celiac Society of India



Dr. Tom O'Bryan, DC, CCN, DACBN
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FOOD & YOUR IMMUNITY: TOOLS FOR THE PANDEMIC

In support of the Covid-19 crisis in India and Celiac Awareness Month in the United States of America, a webinar was organised on 25 May 2021 to focus on the importance of immune health in protecting against Covid-19, by KnoWeWell with its collaborative partner, the Celiac Society of India. The theme of the webinar was “Food & Your Immunity: Tools for the Pandemic.” To catch the video, [click here](#).

Dr Tom O’Bryan began with a basic fact that celiac disease is an autoimmune, genetic disease. However, merely carrying the gene does not always result in getting the disease, rather it indicates the vulnerability to get the disease. Celiac disease is associated with an inflammation in the gut due to a sensitivity to gluten, a protein in wheat, barley, and rye.

According to a few studies, patients with untreated celiac disease may be at an increased risk of viral infections compared to the general population. Our immune system has different defensive forces: IgA, IgG, IgE, IgM. Out of these IgA is the first responder. Our protection against foreign bodies is regulated right in the mouth since IgA is found in the saliva. But if you are celiac, you are 10-16 times more vulnerable to IgA deficiency and when that happens the bugs have a better chance of being a problem. IgA is in the lining of lungs and gut to protect us and goes down as we age, thus increasing the risk of infection. SARS-COV-2 infects the lungs and the gut, these are the primary ways to get into the body. A secretory IgA deficiency makes you much more vulnerable to have an unwanted reaction upon exposure to the virus.

There are simple supplements and foods that will help to increase the secretory IgA level, to have more protection. A study shows that 10 days of giving people a probiotic supplement, increased their IgA levels by 65%, and 18 days later the secretory IgA was still going up. Celiacs with a secretory IgA deficiency are more vulnerable to having a weakness because they do not have secretory IgA levels in the same concentration as what we want. About an 18% increased risk of testing positive for Covid-19 was seen in celiacs with secretory IgA deficiency. Those with comorbidities and other auto-immune diseases are much more at a risk of having a severe reaction to the virus: Celiacs are at 44% increased risk of a lung problem, 46% increased risk of cardio-vascular problem and a 34% increased risk of diabetes. In a nutshell, if you are a celiac, you are at high risk of developing a comorbidity, and if you have a comorbidity, you are at a higher risk of developing a more severe reaction to the virus.

A simple solution here is to adopt a more anti-inflammatory lifestyle, starting with diet. The most common source of inflammation is what is at the end of our fork. Thousands of studies have discovered how fruits and vegetables support the immune system. “The more different types of fruits and vegetables you eat, the better for you”, says Dr Tom. The air we breathe, the food that we eat, the thoughts that we carry in the mind can create stress and hormonal imbalance that can be soothing or inflammatory. Take Ayurveda for instance: this traditional form of medicine is all about plants and how they help reduce the inflammation in our body and help us to be stronger.

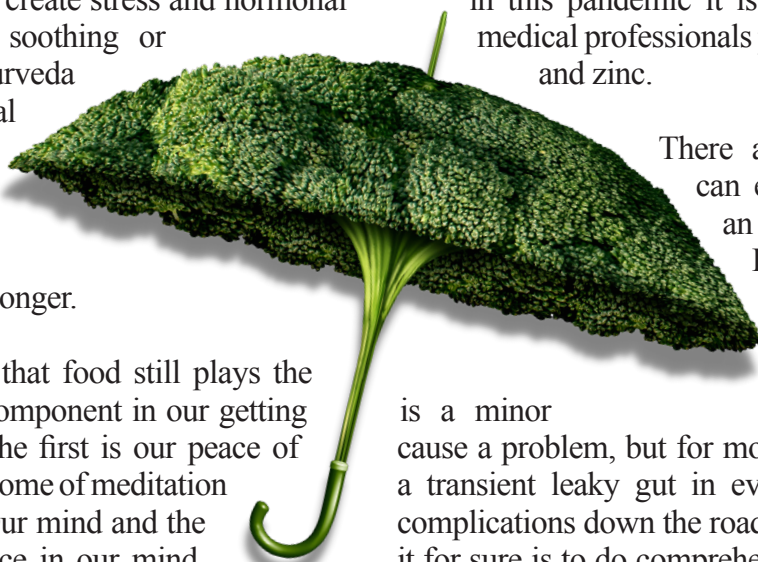
Dr Tom goes on to say that food still plays the second most important component in our getting well and staying well. The first is our peace of mind. India has been the home of meditation for thousands of years. Our mind and the hormones that we produce in our mind, called neurotransmitters, are all affected by it.

Nutritionist Ishi Khosla added that immunity is not just built over a day – it starts even before birth.

From the mother’s diet during her pregnancy to post-delivery upto 1000 days from conception are critical to shape the immune system. This in fact is called the innate immune system, something we are born with. There is enough evidence of a phenomena called epigenesis, a process by which we can turn on and turn off our genes by modulating our environment and it has a lot to do with food. In India, we have this saying “jaisa ann, waisa mann”, which means the

“The most common source of inflammation is what is at the end of our fork.”

grains that we eat will determine our mind and heart (mann). Our state of mind, peace of mind, anxiety, levels of calmness can be modulated by what we eat! That being said, it is important to observe that we have an epidemic of micronutrient deficiencies not because of lack of availability of food, but perhaps because of their inadequate absorption. This is what we call malabsorption at the gut level. Fortunately, in this pandemic it is very heartening to see medical professionals prescribing vitamin C, B and zinc.



There are a few people who can eat wheat and not have an immune reaction to it. Everyone has a reaction to wheat in their gut without exception.

For a few people it is a minor affect and it doesn't cause a problem, but for most of the times it causes a transient leaky gut in everyone followed by its complications down the road. The only way to know it for sure is to do comprehensive testing to see. But everyone can benefit until they can do a test if they just go a few days without wheat. Many people report, their energy peaks up, or they sleep a little better or they feel clearer headed, it doesn't take long usually to notice if there is a benefit or not. ■

Eat Your Way Through Covid Recovery

Our health and immunity are regulated by the tiny microorganisms called the gut flora which determines to a large extent the strength of our immune system. If you are recovering from Covid-19, be selective about the choice of grains that you're having because once the gut flora is disturbed, it causes a leaky gut. Many of us probably already have a leaky gut which gets worsened with infections and medications. So, the choice of grains must be anti-inflammatory, which means the pro-inflammatory and cross-reactive grains which include wheat, corn, soya and oats should be avoided. One must cut down on sugars also as they increase the risk of fungus and other infections. It is also important to understand that cereal grains are just a step away from sugar. Trans fats, refined oils etc are also pro-inflammatory. Dairy too has its own way of effecting our bodies and immune system right from its sugar (lactose) to its proteins (casein). As a matter of fact, dairy has a tendency to increase our insulin level and thereby cause metabolic disturbances disregulate blood pressure. These should be replaced by non-dairy options like coconut milk or almond milk etc.

The goal is to live an anti-inflammatory lifestyle as much as possible. Cutting down on the alcohol consumption helps to reduce inflammation. Another factor which contributes to our anti-inflammatory lifestyle is the importance of sleep. The hormones can get tilted negatively if we don't get those hours of sleep at 11 PM to midnight which can go against us. This not just reflects in our immune system, but in our blood sugars, body weights and other digestive issues. Therefore, we need to address both the quality of sleep and the number of hours of sleep. ■



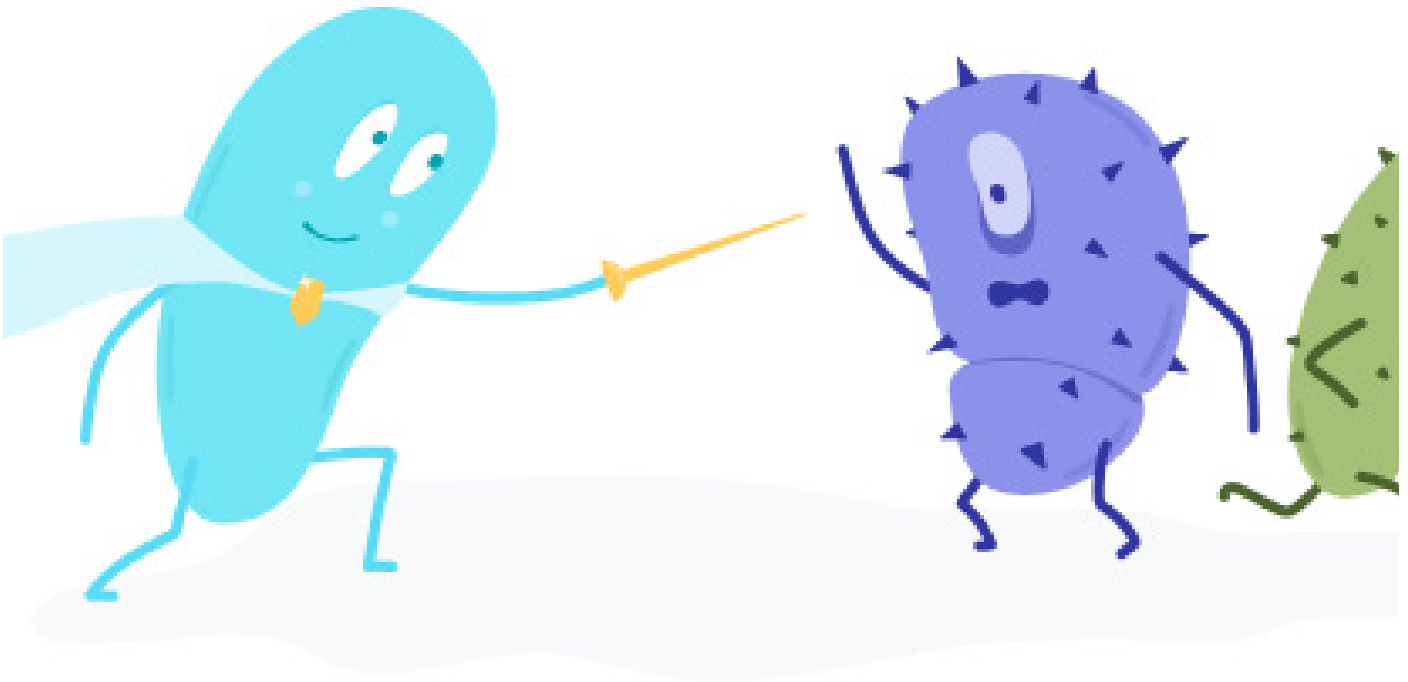
Don't Miss This Unsung Hero In Your Diet!

One unsung hero here who really needs your attention is Magnesium. Magnesium's deficiency is not very easy to document through blood work unless critically low. The body keeps compensating to make up the magnesium levels in the blood by bone loss. Therefore, blood tests will never reflect the cellular level of magnesium. So, magnesium deficiencies can often go undiagnosed, untreated. Magnesium is also required for the immune system and needs to be in a certain ratio with calcium. It's important to remember that one imbalance can render other supplements ineffective, particularly after recovering from Covid-19. ■



GO PRO(BIOTIC)

Viral Infections, the Microbiome, and Probiotics — Here's What You Need To Know



Viral infections are a cause of sickness and death, and the Covid-19 pandemic is an example. According to latest research, our gut microbiota plays a significant role in our immune health and acts as a key regulator of immunity and our defense mechanisms.

Our gut microbiome has a serious impact on the gastrointestinal permeability and specifically it has an association with hyperpermeability, colloquially referred to as the “leaky gut”. The microbiome has been found to maintain the barrier permeability, indirectly, by the production of metabolites.

Any negative change in the composition of the resident commensal communities of the microbiome relative to those found in healthy individuals is termed as ‘dysbiosis’. Such an alteration disrupts the symbiotic

balance between us and the microbes with potentially detrimental consequences. A variation in microbiome structure and function impacts viral immunity.

The most critical impact of dysbiosis on the immune system is during the first 1000 days of life — from conception to child’s second birthday. During this period, the microbiome is highly dynamic because of the impact of several environmental and other factors like mode of delivery, diet of the mother and the infant and antibiotic exposure.

One way we can facilitate a correction of the microbiota disturbances is by having probiotics. Moreover, probiotics could facilitate a correction of the microbiota disturbances observed in some COVID-19 cases by inhibiting the growth of those specific opportunistic bacteria and/or facilitating



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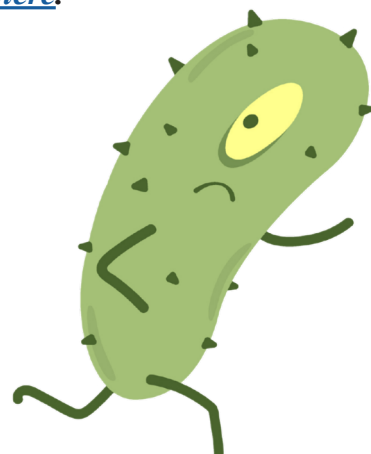
Did You Know?

30 years ago, when the Human Genome Project was still in its planning stage, the general hypothesis was that genetic predisposition and exposure to an environmental trigger were both necessary and sufficient to develop CIDs, including infectious, allergic, neuroinflammatory/neurodegenerative, autoimmune diseases, and cancer.

However, the epidemiological observation showing a major surge of CIDs during the past four decades in the Western hemisphere coincident with the declining rate of infectious diseases was at odds with the gene/environment paradigm 1, 2. This generated the hygiene hypothesis supporting the notion that we had made ourselves too clean for our own good and that people embracing a Western lifestyle would slowly die of CIDs instead of rapidly succumbing to infectious diseases as still is happening in developing countries.

the recovery of beneficial bacteria. Probiotics could also boost immune system activity by direct cross-talk with immune cells and/or reduction of intestinal permeability, which has been proposed as one of the mechanisms behind the beneficial effect of probiotics on respiratory tract infections. It is well-established that even short courses of antibiotics can cause microbiome alterations that persist for weeks and months. And probiotics seem to offer some promising potential for re-establishing the microbiome following antimicrobial insult. This can be a potentially powerful strategy to boost immune health during the pandemic. ■

Want to know more? Follow the complete story by clicking [here](#).



WHAT'S COOKIN'?

This month: Savoury Pancakes & Ketli Pitha

Appam/ Savoury Pancakes

INGREDIENTS

Boiled Rice	1 kg
Dry Yeast	1 tspoon
Water	4 cups
Grated Coconut	2 cups
Sugar	1 tsp
Salt	To taste

METHOD

- Blend the mixture of cooked rice and grated coconut and water till it is rendered smooth.
- Add the sugar, dry yeast, salt and leave the entire mix unattended for half an hour.
- After half an hour, mix both the mixtures well and combine them together. Let the batter ferment for 8 hours.
- Put an appam maker on medium flame and spread the mixture on it. Cover the pan with a lid and cook for 3-4 minutes, then lower the flame and cook for another minute or so.
- The appam is now ready, enjoy with your choice of curry!



SUPERFOOD - GINGER



3 reasons why you should add ginger to your daily diet!

- It's anti-inflammatory properties help reduce muscle pain.
- Ginger aids digestion and soothes the stomach.
- It helps kill bacteria and treat sore throats and coughs.





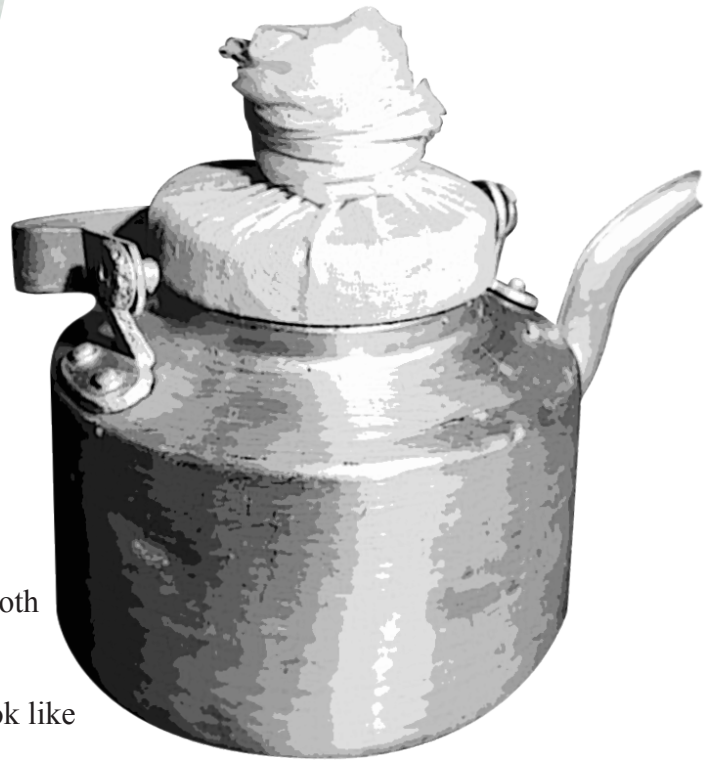
Ketli Pitha/ Assamese Steamed Rice Cake

INGREDIENTS

Rice.....	2 cups
Coconut, freshly grated.....	2 cups
Jaggery.....	2 tbsp
Salt.....	A pinch
Water.....	To steam

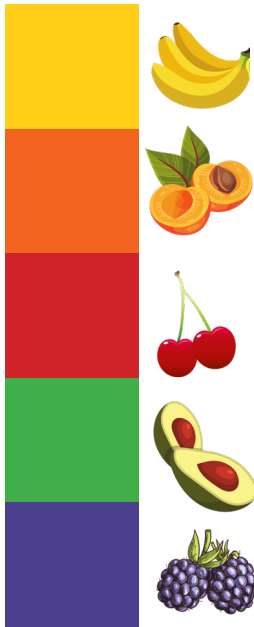
METHOD

- Soak the rice in 5 cups of water for 1 hour. Wash and drain excess water and let it dry on muslin cloth for 30 minutes until dry. It should not be too dry.
- Grind the rice grains to fine powder. It should look like dry flour.
- To the rice flour, mix the freshly grated coconut, jaggery and salt. Increase jaggery/salt as per taste.
- Place rice flour mixture on the hollow of the kettle lid. Cover the wet muslin cloth.
- Tie the ends and fold back to the head of the lid, securing the mixture for steaming. Place the lid back on the kettle and let it steam on medium flame for 6-7 minutes.
- Alternatively, put it in a round container, deep enough 1-1.5 inches high and place it in a vessel with hot water along with the muslin cloth. Steam on medium flame for 6-7 minutes.
- Remove the muslin cloth and take out your pithas/cakes in a plate gently and serve with hot tea!



FOOD FOR THOUGHT

How To Eat The Rainbow — Literally!



BANANAS: Instant mood booster. Boosts skin health, hair health, bone and dental health. Promotes collagen production.

APRICOT: Protects eyes (carotenoid). Helps our immune system and fight against cancer.

CHERRIES: Fight heart diseases and cancer. Reduce inflammation. Up immune system. Regulate hormones. Protect skin, hair, nails.

AVOCADO: Protects our eyes and our bones. Protects against cancer. Supports the immune system. Regulates our digestion.

BLACKBERRIES: Help our heart and our brain. Help fight cancer. Protect against diabetes.

Word Search

Can you find these words in the puzzle?

**LEAKY GUT
IMMUNITY
MALABSORPTION
EPIGENESIS
DYSBIOSIS
MICROBIOTA
PROBIOTIC
INFLAMMATORY
MAGNESIUM
DIET**

Y	T	I	N	U	M	M	I	L	I	N	T	N	S
I	N	F	L	A	M	M	A	T	O	R	Y	O	I
S	N	M	A	G	N	E	S	I	U	M	D	I	S
C	I	T	O	I	B	O	R	P	T	I	E	T	E
E	M	E	D	O	D	K	C	T	A	D	C	P	N
B	L	S	O	P	I	B	P	T	A	Y	U	R	E
M	D	I	M	P	E	T	A	O	I	S	G	O	G
P	Y	D	I	S	T	I	T	A	B	B	B	S	I
I	O	B	I	S	A	L	O	D	I	I	O	B	P
R	A	O	I	O	L	I	R	L	R	O	U	A	E
L	E	A	K	Y	G	U	T	R	I	S	M	L	O
Y	O	I	I	G	N	B	M	I	S	I	I	A	P
A	M	M	N	O	D	S	B	M	N	S	T	M	D
I	E	B	G	M	I	C	R	O	B	I	O	T	A

Source: thewordsearch.com/puzzle2512652

Gluten-Free Can Save Your Liver!

Going gluten-free helped this 61-year-old find her appetite again.

Daisy Kohli (name changed), a 61-year-old hypertensive lady came to nutritionist Ishi Khosla, with complaints of discomfort and heaviness in chest, reflux, hyperacidity, knee pain and sleep issues. She reported a history of fistula and hysterectomy. She complained of poor appetite and was also worried about her hair fall. Her Body Mass Index was normal: 22kg/m², with a height of 5 feet 6 inches and weight 73kgs. One of her major concerns was a fatty liver which she had for several years despite not being overweight.

She had a strong family history of cancer. One of her brothers died of colon cancer, the other died of pancreatitis, her sister had breast cancer and another sister was obese. Her father had a stroke and mother a cardiac problem.

Her blood work revealed abnormal liver function tests and dyslipidemia. She was on medication for hypertension and high cholesterol and used a laxative regularly. She had elevated triglycerides, liver enzymes, bilirubin and ferritin.

After 3 months of a strict gluten-free and dairy-free diet along with the intake of certain supplements prescribed by her nutritionist, all her problems were resolved. Her liver function tests, triglyceride levels had normalised. Her scans showed no fatty liver. The doctor stopped her cholesterol medication. Now, she is living a much healthier energetic and fitter life on some supplements and a reduced dose of blood pressure medication! ■



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