

# **Celiac Disease; Complementary/Alternative medicine**

Bulky, pale, frothy, foul smelling, greasy stools with increased fecal fat  
Weight loss and signs of multiple vitamin and mineral deficiencies

Increased blood levels of antibodies for gliadin

Diagnosis confirmed by biopsy of the small intestine

## QUICK REVIEW

- Celiac disease is characterized by diarrhea and an abnormal small intestine structure caused by the immune system's response to a protein known as gluten
- A gluten-free diet is curative.
- Pancreatic enzyme supplementation enhances the benefit of a gluten-free diet during the first thirty days after the initial diagnosis.

## TREATMENT SUMMARY

The treatment of celiac disease is clear: eliminate all sources of gliadin, eliminate dairy products initially, correct underlying nutritional deficiencies by taking a high-potency multiple-vitamin-and-mineral formula, and identify and eliminate all food allergens. In the first two months after diagnosis, pancreatic enzymes at dosages described should be used to speed up the healing process. If you do not respond within two months, consult with your doctor again to reconsider the diagnosis.

Maintenance of a strict gluten-free diet is difficult in the United States. We encourage you to read labels carefully in order to avoid hidden sources of gliadin, such as are found in some brands of soy sauce, modified food starch, ice cream, soup, beer, wine, vodka, whisky, malt, and other foods. We also encourage you to consult resources for education and information on gluten-free recipes, such as:

American Celiac Society 45 Gifford Avenue Jersey City, NJ 07304

American Digestive Disease Society 7720 Wisconsin Avenue

Bethesda, MD 20014

Gluten Tolerance Group of North America

P.O. Box 23053 Seattle, WA 98102

National Digestive Disease Education and Information Clearing House

1555 Wilson Boulevard, Suite 600 Rosslyn, VA 22209