

NEW INNOVATIONS IN HOLISTIC NUTRITION FOR NO LONGSTANDING CELIAC DISEASE

Richa Jain

Postgraduate Institute of Medical Education and Research, India

Celiac disease is an immune-based reaction to dietary gluten (storage protein for wheat, barley, and rye) that primarily affects the small intestine in those with a genetic predisposition and resolves with exclusion of gluten from the diet. There has been a substantial increase in the prevalence of celiac disease over the last 50 years and an increase in the rate of diagnosis in the last 10 years. Celiac disease can present with many symptoms, including typical gastrointestinal symptoms (e.g., diarrhoea, steatorrhoea, weight loss, bloating, flatulence, abdominal pain) and also non-gastrointestinal abnormalities (e.g., abnormal liver function tests, iron deficiency anaemia, bone disease, skin disorders, and many other protean manifestations). Indeed, many individuals with celiac disease may have no symptoms at all. Celiac disease is usually detected by serologic testing of celiac-specific antibodies. The diagnosis is confirmed by duodenal mucosal biopsies. Both serology and biopsy should be performed on a gluten-containing diet.

A pilot research study is carried out on new innovations in holistic nutrition in recently diagnosed celiac disease patients. This is a preventive and curative therapy, which promotes balance and integrates body-mind-soul. A calm disposition stemming from relaxation techniques, holistic nutrition and diet therapy and changes in gut microbioms heals digestive issues and brings positive changes in the metabolism. This process adds to the physical strength and brings behavioural changes, which ensure that disease does not recur nor does it lead to any loss of vitality. The therapy comprises of a blend of lifestyle changes, detoxification, deep relaxation techniques and oral food chelation therapy. Till date the findings suggest that celiac patients went back to eating gluten without damaging their health, which can be confirmed by serological test and biopsy. I believe there is a close relationship between the mind and body, their interactions hold the key to successful interventions in the arena of treating celiac disease.

BIOGRAPHY

Richa Jain has completed her post-graduation in dietetics and public health nutrition at the age of 25 years from Lady Irwin College, India. Also she is an alternative medicine consultant and holistic healer with 9 years of experience in preventing and treating obesity and celiac disease. She is currently pursuing a bachelor's degree in ayurveda, medicine and surgery while expanding my professional work to treating celiac disease via an integrated approach of holistic care, nutrition, and attention to the gut micro biome.

ehramsj@gmail.com



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