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Thread: [Gluten \(Celiac Disease\)](#)

Omniscient - January 9, 2025, 3:19 pm

My wife recently has shown signs of Gluten allergy. She gets bloated from it and has to use bathroom. Because I'm Keto diet I don't really eat gluten either so no biggies for us but the wife still sometimes eats breads or other foods with gluten which triggers her depending on the quantity she eats. Obviously a bite or two has almost no effect compared to a larger portion such as a pasta dish.

So I'm asking AI some questions because recently a friend told my wife that you can get rid of gluten in bread by putting it into the refrigerator. I'm like, "that don't sound right". Today AI confirmed it's bullshit. But I had a chat with AI about Gluten and part of it was asking about the increase in gluten allergy the past 100 years. It gave me some info about how it's been in historic records for a couple thousand years and that basically medical diagnosis and education have made it more prevalent. I think that's partial bullshit because as a kid, I didn't know anyone who couldn't eat bread and I only started to hear the word gluten 24/7 maybe 20 years ago.

While AI says the rise in diagnosis is awareness, I think the rise is because of processed foods and GMO's. Amazingly AI gave me a decent answer when I questioned this.

What's your take?

AI Quote: The potential role of changes in foods, including the development of genetically modified organisms (GMOs) and modern agricultural practices, in the increased prevalence of celiac disease is a topic of ongoing research and debate. Here's a summary of what is known:

1. Modern Wheat Varieties and Gluten Content

- No GMO Wheat in the Market:
 - Genetically modified (GMO) wheat is not commercially grown for human consumption. Instead, changes in wheat are largely due to traditional breeding techniques aimed at improving yield, disease resistance, and baking qualities.
 - Hybridization over the past century has resulted in wheat varieties with higher gluten content, which could theoretically increase exposure to gluten in modern diets.
- Increased Gluten Exposure:
 - The use of "vital wheat gluten" (a concentrated form of gluten) as an additive in processed foods has risen significantly. This increases the overall gluten consumption in the general population.
- Wheat Breeding:
 - Modern wheat varieties may contain slightly different types of gluten proteins compared to ancestral wheat, potentially affecting immune responses in susceptible individuals.

2. Changes in Food Processing

- Refined Flour:
 - The refining process removes many components of the wheat kernel (e.g., bran and germ), leaving behind mostly starch and gluten. This makes gluten a more concentrated component in many wheat-based products.
- Additives and Processing Aids:

- The widespread use of gluten as a thickener, stabilizer, or texture enhancer in processed foods could contribute to increased exposure.
- Fermentation Changes:
 - Traditional bread-making methods using sourdough fermentation partially break down gluten, potentially making it easier to digest. Modern rapid-rise bread-making methods do not allow for this breakdown, potentially increasing gluten sensitivity in susceptible individuals.

3. Increased Gluten Exposure in Diets

- Cumulative Effect:
 - With the increased prevalence of processed foods and baked goods, people consume more gluten than in past generations, potentially heightening the risk for those predisposed to celiac disease.
- Early Gluten Introduction:
 - Dietary practices, such as the timing and quantity of gluten introduction in infancy, may influence the risk of celiac disease.

4. Hygiene Hypothesis

- Reduced Microbial Exposure:
 - The "hygiene hypothesis" suggests that cleaner environments and reduced exposure to certain microbes in early life can result in overactive immune responses, including autoimmune diseases like celiac.
 - Changes in diet, including processed foods and the reduction of fermented or naturally probiotic-rich foods, could also alter gut microbiota, which plays a key role in immune regulation.

5. Potential Environmental Triggers

- Pesticides and Chemicals:
 - Glyphosate, a widely used herbicide, has been hypothesized to contribute to increased gut permeability and autoimmune conditions. However, this connection remains speculative and is not firmly established by research.
- Food Additives:
 - Certain food additives, such as microbial transglutaminase (used as a "glue" in processed foods), have been proposed as potential contributors to celiac disease by mimicking the effects of gluten on the immune system.

6. Research Findings

- Limited Direct Evidence:
 - To date, there is no definitive evidence that modern wheat varieties, gluten content, or GMO practices directly cause celiac disease.
- Correlations:
 - Some studies suggest that modern dietary patterns, including increased gluten consumption and food processing, may exacerbate the risk in genetically predisposed individuals.
- Genetic Susceptibility:
 - Celiac disease is strongly associated with specific genetic markers (HLA-DQ2 and HLA-DQ8). The increase in diagnoses is likely due to environmental triggers acting on this genetic predisposition rather than changes in genetics.

Conclusion

While modern wheat and food processing may play a role in increasing gluten exposure, they are not confirmed as direct causes of celiac disease. The rise in diagnoses is more likely attributed to improved diagnostic tools, heightened awareness, and environmental factors like diet and gut health. Further research is needed to clarify the role of dietary and agricultural changes in autoimmune diseases like celiac.

Perfect - January 9, 2025, 3:21 pm

I'm actually dealing with my rheumatologist as we speak debating if it's celiac disease or other rheumatoid factors after dealing with sepsis. I've been dropping weight and having the spleen issues.. just an utter nightmare. I have changes how I eat by eating less breads and more protein. I would take GI health very serious and at least get checked out.

I'm ordered for scopes next months

Blazin - January 9, 2025, 6:09 pm

I definitely feel bloated and weird if I eat too much bread, and I think processed foods with GMOS and additives are a huge problem. I've been trying to experiment like taking different Multi vitamins and so forth and eating less bread and more Red meats and fruit.

Omniscient - January 9, 2025, 6:21 pm

(Jan 9, 2025 07:09 PM)Blazin Wrote: [\[CITE\]](#) I definitely feel bloated and weird if I eat too much bread, and I think processed foods with GMOS and additives are a huge problem. I've been trying to experiment like taking different Multi vitamins and so forth and eating less bread and more Red meats and fruit.

Fruits are sugars, be very careful on that. Some fruits also high in carbs.

Riggs - January 9, 2025, 6:22 pm

I have no idea what the actual statistics or potential cause of gluten intolerance is, but whenever someone speaks about it this video plays in my mind.

Possibly unrelated and purely anecdotal, but I do recall a couple of friends (that do not know each other) visited the US and described feeling bloated after eating the bread over there.

Goku - January 9, 2025, 7:47 pm

I personally believe that allergies can sometimes develop due to a lack of exposure to certain substances, like gluten. When your body rarely encounters something, it might not know how to handle it, essentially going into "panic mode." Of course, this theory could easily be debunked. For instance, I developed a lactose allergy at 23, even though I consumed milk and cheese almost daily. One day, out of the blue, I started getting stomachaches every time I ate something containing lactose.

Kurzgesagt made a really informative video regarding this. I highly recommend checking it out.

[Video: <https://www.youtube.com/watch?v=9zCH37330f8>]

Omniscient - January 9, 2025, 10:36 pm

(Jan 9, 2025 07:22 PM)Riggs Wrote: [\[CITE\]](#) I have no idea what the actual statistics or potential cause of gluten intolerance is, but whenever someone speaks about it this video plays in my mind.

Possibly unrelated and purely anecdotal, but I do recall a couple of friends (that do not know each other) visited the US and described feeling bloated after eating the bread over there.

Dude is a moron. Not sure why you posted that.

Hero - January 10, 2025, 2:41 am

Friend of me has gluten allergy and she say's she can't eat it at all without having stomach cramps or shitting like hell.

Asked her if its treatable, but apparently not. Always thought you have it since birth and don't get it randomly but meh. Goverments playing god with us, so it might have to do with that.

Omniscient - January 10, 2025, 9:46 am

You can find tons of people who have strange experiences with American gluten (Wheat). There is something they are doing to the food that's destroying the health of people.

Go read the comments in that video too. Some interesting stories.

Yin Yang - January 10, 2025, 9:58 am

My neighbor's got Celiac. Def sucks but he seems to be just fine, a lot of options over here.

When he traveled to Mexico though, he could only have the corona extra canned and said he had to travel afar from the resort to get it

Omniscient - January 10, 2025, 10:02 am

btw, there are levels of intolerance, some are straight Celiac which is the worst but some are just sensitive or allergic. I'm lactose intolerant but I can absolutely drink some milk. Something like cheesecake sets me off though.

Kaleb - January 10, 2025, 10:28 am

It is interesting for sure. Higher awareness doesn't seem impossible to me but it seems unlikely, people have been eating grains for ages now so are we really chalking it up to "awareness" meaning a fair portion of people were just regularly feeling like shit 100 years ago but not mentioning it and eventually making the link? Honestly? Maybe? That doesn't sound IMPOSSIBLE to me. Hard times create strong men blah blah, of course I'm not saying your wife is weak for experiencing symptoms of celiac disease but perhaps it's a luxury we have in the modern age to even notice or be concerned with issues stemming from our diets.

But I would be entirely unsurprised if GMOs and the processes we use to feed an insanely large population of people exacerbate the problem, and we know historically particularly in the US companies have gotten away with knowing their food products are iffy but continue to sell it and sometimes even tell you its outright healthy.