

## Scientific Articles Supporting a Gluten-Free Diet

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As the growth of the gluten-free diet continues to explode, it seems to me that there has recently been a backlash of mainstream newspaper articles and on-line news pieces stating that there is no scientific evidence to support the benefits of a gluten-free diet. I have already written a brief history of food allergies that you can download free from my website that states that Hippocrates, the Greek Physician who is considered to be the Father of Medicine, asserted unequivocally that foods would harm some people – obviously not everyone, but some individuals would be injured by foods and foods alone. Let's just say for the sake of argument that 2,500 years of physician research was not sufficient for you and you wanted more scientific evidence.

Seven years ago, a retired registered nurse, who happened to have celiac disease, sent me many studies about gluten and dairy. The studies talked about how gluten could by-pass the blood brain barrier and enter the brain. Fascinating as the studies were, I did not keep them because I never thought I would ever need them. Once you read a study that gluten can enter the brain – how much more do you really want to know or care. This retired RN with celiac disease is a cloistered nun.

Earlier this week I went to meet with Laurette Janak, a highly educated medical researcher who has presented at autism conferences. My purpose in meeting with Laurette was to get a list of medical studies that provide scientific evidence supporting a gluten-free diet for some individuals. Special thanks to Laurette as I could not have compiled this research without her help. I have never asserted that everyone needs to be on a gluten-free diet. I have never said that because I don't believe that.

Below is a partial list of the *more recent* studies that discuss gluten and what is known about gluten in the human body related to health. As I get more studies, I will update this list. If you have studies that are not included in this list, please be sure to post a message on my Blog with the name of the study, authors, publication or whatever you can provide so I can go get the full title, date and volume and update my list.

1. *Gasterentology* Mar 2009: Vol. 136, Issue 3, P. 816-823. Diagnosing Mild Enteropathy Celiac Disease: A Randomized, Controlled Clinical Study. Kalle Kurppa, Pekka Collin, Mervi Viljamaa, Katri Haimila, Paivi Saavalainen, Jukka Partanen, Kaija Laurila, Heini Huhtala, Kaija Paasikivi, Markku Maki, Katri Kaukinen. (Note the conclusion of this literature: Patients with endomysial antibodies benefit from a gluten-free diet regardless of the degree of enteropathy. The diagnostic criteria for celiac disease need re-evaluation: endomysial antibody positivity without atrophy belongs to the spectrum of genetic gluten intolerance, and warrants dietary treatment.

2. *European Journal of Inflammation* Vol.6, no.2, 0-0 (2008) The Immunology of Gluten Sensitivity Beyond the Intestinal Tract. A. Vojdani, T. O'Bryan and G.H. Kellerman.
3. *Pediatrics*, 2009 Aug; 124(2): 687-94 Epub Jul5. Association of Family History of Autoimmune Diseases and Autism Spectrum Disorders. Atladottir HO, Pederson MG, Thorson P, Mortensen PB, Deleuran KB, Eaton WW, Parner ET.
4. *Clinical and Diagnostic Laboratory Immunology*, May 2004, p. 515-524. Vol. 11, No.3, © 2004 American Society for Microbiology. Heat Shock Protein and Gliadin Peptide Promote Development of Peptidase Antibodies in Children with Autism and Patients with Autoimmune Disease. Aristo Vjodani, Mohsen Bazargan, Elroy Jojdani, John Samadi, Alen A. Nourian, Navid Eghbalieh and Edwin L. Cooper.
5. *BMC Gastroenterol*, 2009 Jul 22; 9(1):57. Symptoms and Signs in Individuals with Serology Positive for Celiac Disease but Normal Mucosa. Ludvigsson JF, Brandt L, Montgomery SM.
6. *Diabetes*, 2009 Jul; 58(7):1578-84. Majority of children with type 1 diabetes produce and deposit anti-tissue transglutaminase antibodies in the small intestine. Maglio M, Florian F, Vecchiet M, Auricchio R, Paparo F, Spadaro R, Zanzi D, Rapacciuolo L, Franzese A, Sblattero D, Marzari R, Troncone R.
7. *Digestive Disease*, 2008; 26(2):121-7. Celiac disease: what's new about it? Gasbarrini G, Malandrino N, Giorgio V, Fundaro C, Cammaroto G, Merra G, Roccarina D, Gasbarrini A, Capristo E.
8. *Journal of Pediatric Gastroenterology and Nutrition*. 31:275-279© September 2000 Lippincott Williams & Wilkins, Inc. Philadelphia. Prevalence of Celiac Disease in Down Syndrome in the United States. Diza A, Zachor, Elizabeth Mroczek-Musulman, Pamela Brown. (Note from this article is the following conclusion: The prevalence of celiac disease in Down syndrome in the southeastern U.S. was 1 in 14 cases.)
9. *Gastroenterology*. 2009 Jul;137(1):88-93. Increased prevalence and mortality in undiagnosed celiac disease. Rubio-Tapia A, Kyle RA, Kaplan EL, Johnson DR, Page W, Erdtmann F, Brantner TL, Kim WR, Phelps TK, Lahr BD, Zinsmeister AR, Melton LJ 3<sup>rd</sup>, Murray JA. (Note: This study concludes that the prevalence of undiagnosed celiac disease seems to have increased dramatically in the United States in the last 50 years.)
10. *Nutrition & Metabolism* 2009, 6:22. Doi <http://www.nutritionandmetabolism.com/content/6/1/22> . Detection of IgE, IgG, IgA and IgM antibodies against raw and processed food antigens. This article can be accessed on-line through the Creative Commons Attribution License, which permits unrestricted use, distribution and reproduction in any medium provided the original work is properly cited. (Note: This is not specifically about gluten, but relevant due to the content regarding how food allergy testing is done and non-IgE mediated food issues.)
11. *J Clin Gastroenterol*. 2003 Jan;36(1):13-7. The symptomatic and histologic response to a gluten-free diet in patients with borderline enteropathy. Tursi A, Brandimarte G.

12. *Gut*, 2006 Dec;55(12):1739-45. Spectrum of gluten-sensitive enteropathy in first degree relatives of patients with celiac disease: clinical relevance of lymphocytic enteritis. Esteve M, Rosinach M, Fernandez-Banares F, Farre C, Salas A, Alsina M, Vilar P, Abad-Lacruz A, Forne M, Marine M, Santaolalla R, Espinos JC, Viver JM.
13. *Am J Gastroenterol*, 2001 May;96(5):1464-9. Gluten challenge in borderline gluten-sensitive enteropathy. Wahab PJ, Crusius JB, Meijer JW, Mulder CJ.
14. *J Pediatr Gastroenterol Nutr*, 2005 Jul;41(1):44-8. Celiac disease: from inflammation to atrophy: a long-term follow-up study. Lahdeaho ML, Kaukinen K, Collin P, Ruuska T, Partanen J, Haapala AM, Maki M.
15. *J Pediatr Gastroenterol Nutr*, 2008 Oct;47(4):436-42. Gluten-dependent small bowel mucosal transglutaminase 2-specific IgA deposits in overt and mild enteropathy celiac disease. Koskinen O, Collin P, Korponay-Szabo I, Salmi T, Iltanen S, Haimila k, Partanen J, Maki M, Kaukinen K.
16. *Gut* 2006 Dec;55(12):1746-53. Endomysial antibody-negative celiac disease: clinical characteristics and intestinal autoantibody deposits. Salmi TT, Collin P, Korponay-Szabo IR, Laurila K, Partanen J, Huhtala H, Hiraly R, Lorand L, Reunala T, Maki M, Kkaukinen K.
17. *Dig Dis Sci* 2001 Apr;46(4):879-87. Celiac disease without villous atrophy: revision of criteria called for. Kaukinen K, Maki M, Partanen J, Sievanen H., Collin P.
18. *Gastroenterology* 1996 Sep;111(3):608-16. Gluten-sensitive disease with mild enteropathy. Picarelli A, Maiuri L, Mazzilli MC, Coletta S, Ferrante P, Di Giovambattista F, Greco M, Torsoli A, Auricchio S.
19. *Dig Dis Sci* 2004 Apr;49(4):546-50. Seronegative celiac disease: increased prevalence with lesser degrees of villous atrophy. Abrams JA, Diamond B, Rotterdam H, Green PH.