

Case Histories

Case History – Coeliac Patient Improves with Nutritional Therapy

Gender, Age, Occupation, Nationality, height and weight.	<p>Mr W is a 36 year old ICT support engineer, and father.</p> <p>He was 15st & 185cm (93.3 kg & 6' 1") when we first met in September 2010.</p>
Presenting complaint – list and duration	<p>Mr W suffers from Coeliac Disease and was having significant gut related issues as a result of this. However, his motivation for the appointment was weight loss and because he wanted 'to be happy' again.</p> <p>Mr W has a history of panic attacks that subsided after diagnosis of Coeliac Disease in 2000. Prior to diagnosis he had taken Diazepam and Beta Blockers for anxiety but had not taken these since 2000. He had been recently experiencing anxiety and minor panic attacks again and was no longer confident to drive his young son in the car.</p> <p>Background</p> <p>Although Mr W had arranged to meet for help with weight loss, he was very aware that his diet was poor and was causing him significant gut problems and was keen to resolve this. His symptom profile included indigestion, heartburn, reflux, constipation, wind, bloating and stomach pains. He was taking Gaviscon over 3 times a week.</p> <p>Mr W was also suffering from afternoon tiredness, irritability, mood swings, craving sugar, joint stiffness, anxiety and ongoing colds.</p> <p>Mr W's diet was very high in sugars and saturated fats and he was stuck in a rut of eating the same foods. He tried to avoid gluten but very rarely read labels and was eating a lot of processed food.</p>
Any Investigations	<p>He had recently been tested by his doctor and the results revealed a slight vitamin D deficiency, a state of insufficiency of this secosteroid is extremely common even in those with healthy digestive systems.</p>
Strategy	<p>The overall strategy involved significant changes to Mr W's diet, with a strict gluten free approach, zero alcohol, refined sugar and a reduction in saturated fats. This was to be combined with a limited supplement programme focused on his digestive health and a well absorbed multi nutrient formula.</p>
Diet & Supplements: name and dose	<p>Mr W was happy to have a complete overhaul of his diet and was keen to be introduced to 'new' foods. We agreed that he would avoid sugar and reduce saturated fat. Mr W agreed to be more careful and avoid gluten entirely and prepare food from scratch wherever possible.</p> <p>It is not uncommon for coeliac sufferers to be intolerant to other foods such as dairy products made from cow's milk. These can cause irritation and weaken immunity. Mr W agreed to try alternatives. This can occur due to altered gut permeability and bacterial dysbiosis.</p>

Mr W was not a big drinker but he agreed to avoid alcohol entirely, including gluten free alcohol. We also increased essential fats in his diet and encouraged snacking on nuts and seeds.

I also put Mr W in touch with the Coeliac Society at www.coeliac.org.uk. They provide support and useful information for Coeliac sufferers and their families.

Recommended Supplements:

- Biotics Research - Aqueous Multi-Plus – 1 tablespoon per day
 - to ensure maximum absorption and build up depleted nutrients including Vitamin D, although a higher dose may well be required in due course.
- Allergy Research - Perm-a-Vite powder - 1 tablespoon in water 30 mins before lunch & dinner
 - to promote gut healing
- Biotics Research - Intenzyme Forte – 1 tablet with each meal
 - to support digestion

Mr W had recently started taking a pro-biotic and Fish Oil which he had bought in a local health food shop. These were not brands I would have chosen but he was keen to finish both of these before I recommended an alternative.

- [Aqueous Multi Plus](#) is a natural-orange-flavoured multi nutrient that supplies useful levels of vitamins and minerals including 15 mg of zinc.
- [Perm A Vite](#) was designed by Dr Leo Galland to nourish the gut lining.
- [Intenzyme Forte](#) provides both animal and plant enzymes, rich in proteases.

Duration

Mr W was recommended to follow the programme for 6 weeks and then attend a follow up. He was to contact me in the meantime with any questions.

Outcome

I met with Mr W 6 weeks after our first meeting and he was a different man.

He had lost over a stone in weight, was no longer experiencing gut related problems and he was full of energy. He had stuck very closely to the recommended diet, although I did have concerns he was eating a lot of the same things, repeatedly.

He had achieved the weight loss he was looking for and was 'feeling happy' again. He still was experiencing some anxiety which was gradually decreasing but was something he agreed we would address in the New Year if necessary. He was particularly happy with the Aqueous Multi Plus which he said had energised him within a few hours of taking it for the first time.

He agreed to return to his doctor and be retested for Vitamin D level. If it was still low this was something we agreed to supplement specifically at our next meeting.

Mr W has returned to the gym and is now able to enjoy life with his son.

Comments

The approach used in this case is a straightforward one, but nonetheless involved much hard work by Mr W. Coeliacs need to avoid all gluten completely and Mr W's example highlights this. The results clearly show what can be achieved in a relatively

short period of time for some coeliac sufferers with Nutritional Therapy and the use of the liquid multi nutrient formula proved successful.

In addition to the individual vitamin D supplementation, I will also consider rotating the enzymes with [Allergy Research's Gluten Gest](#) formula.

Gluten intolerance and sub-clinical coeliac disease has increased in prevalence in the past decade and will continue to be a topic of key relevance for Nutritional Therapists in the coming years. So, I am really looking forward to listening to Dr Tom O'Bryan present his [seminar on Gluten Intolerance](#) on 5th March 2011 at the RSM where I will learn from one of the world's leading therapists in this field.

Practitioner

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