

JOURNEY TO WELLNESS

Dominique Lafleur DC

Holiday newsletter

How about a gluten free holiday!

It seems I just took down the holiday decoration from last year. But it is a great reminder of a daily task, of celebration on a daily basis, whatever life swings at us. It is in being what we desire that brings us a little closer to that objective.

So much development and research has been remolding the pillars of my practice that I thought I could share a very remarkable change a young patient of mine experienced.

“I’ve had irregular periods since the beginning of my puberty. Since following Dr D’s protocol, all is great and I am regular. I was out of town over the summer and was eating gluten and my period stopped again. When I returned I started my diet and I am regular ounce more. Thank you so much.” Nicole, LA.

That is a simple example of a resilient young body that received interference in her cycle due to hormone imbalance triggered by sugar and immunological dysregulation.

Look gluten sensitivity is not a fad, it is a fact. Some of the factors of the increased prevalence of Gluten Sensitivity are the genetically modified foods, gluten deamidation(it makes the gluten more water soluble.),

gluten storage for long periods of time, leading to enterotoxin contamination, leaky gut syndrome(weakening of the gut tight junction allowing large particles to be absorbed and creating an auto immune response), enzyme insufficiency...

It was concluded in a double blinded, placebo controlled study that the subjects had severe reactions to deamidated wheat isolates. The gluten deamidation generated new allergenic epitotes. **In summary we have created a new foreign substance floating in your blood stream that your immune system is attacking on a daily basis.**

The American Autoimmune related diseases Association estimates that up to 50 million Americans suffer from autoimmune disease, and that the prevalence is rising. 1 in 9 women and 1 in 12 men have autoimmunity.

I am celebrating 29 years of educating patients and continuing research and studies. The tools of identification of autoimmune expression in my practice have solidified my amazement and dedication to continue better understand my patient's health in the making.

If you would choose to do gluten free holiday, check out this magazine, "Living Without", with plenty of holiday alternative. You can e-mail for questions. Remember that:

HEALTH IS A JOURNEY NOT AN END.

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805-653-5853