



## **Gluten, Wheat, and Autoimmunity – Identifying and Reversing the Development of Autoimmune Disease**

### **Certified Gluten Practitioner Program 2.0**

#### **The Scope of Wheat Related Disorders and Autoimmunity Part 1: 1.0 Hour**

- **Introduction and Case Studies**
- **Spectrum of autoimmunity** - what are the developmental stages of autoimmune disease in order of progression?
- **The discipline of autoimmunology** - definition and statistics of people affected by autoimmune conditions
- **What is predictive autoimmunity?** – using early detection of antinuclear antibodies (ANA) in asymptomatic subjects to predict autoimmune diseases years before diagnosis.
- **The role of genetics**

#### **The Scope of Wheat Related Disorders and Autoimmunity Part 2: 1.0 Hour**

- **Triggers in the development of the autoimmune spectrum**
- **Disruption of microbiome**
- **Environmental chemicals and endocrine disruptors**
- **Difficulty of detection and diagnosis of autoimmune diseases**
- **How to be a trusted voice to your patients/clients**

#### **Mechanisms and Effects of Intestinal Permeability: 1.0 Hour**

- **The mechanism behind comorbidities**
- **Hidden signs and symptoms of celiac disease – case studies**
- **Wheat sensitivity -- a growing problem**
- **Neurological effects of wheat peptides**
- **Overview of testing markers and methodologies for celiac, gluten sensitivity and wheat-related disorders.**

- **Loss of oral tolerance**
- **Gluten defined**
- **Effects of gluten exposure on all humans**
- **Autoimmune mechanisms of wheat**
- **Why wheat/gluten is addictive - wheat and opioid receptors, gluteo exomorphins**
- **Extra-intestinal manifestations of gluten sensitivity – effects of gluten outside of the gut.**
- **Testing and biomarkers** - inflammatory indicators of gluten and non-gluten wheat peptides on brain, skin and intestines

#### **The Differences Between Celiac Disease, Gluten Sensitivity & Other Wheat-Related Disorders: 1.0 Hour**

- **Three different reactions to wheat and its presentations**
- **Wheat allergy definition and testing**
- **Studies on how gluten triggers pathophysiological cascade** - effects on gut flora, intestinal inflammation and permeability, systemic inflammation, neurological inflammation and behavioral changes.
- **How non-gluten components of wheat trigger inflammation and immune response.**
- **The difference between celiac disease and other gluten-related disorders**
- **The Marsh scale for intestinal villous atrophy**
- **Structure and function of the intestine**
- **What's the problem with wheat? Isn't it the staff of life?**
- **Pre-biotics from wheat**
- **Celiac, mortality rates and risks**

#### **Systemic Effects: 1.0 Hour**

- **Where does persisting inflammation come from?**
- **Intestinal barrier structure and function**
- **How the body mounts an immune response to gluten and wheat**
- **What is pathogenic intestinal permeability?**

- **A look at zonulin, actomyosin and lipopolysaccharides**
- **Why people don't heal on a gluten-free diet? – two primary reasons**

#### **Understanding Lab Testing: 0.25 Hour**

- **Testing breakthroughs in identifying wheat-related disorders, intestinal permeability, autoimmunity**
- **Alzheimer's and genetics**
- **Autoimmune predictive antibodies** - early detection of tissue antibodies with multiple autoimmune reactivity screening test
- **Testing for inflammation specific to the brain and nervous system**
- **How does the body prevent antigen stimulation resulting in inflammation?**
- **Can the autoimmune mechanism be slowed or reversed?**

#### **Science Based Protocols for Restoring Health: 1.0 Hour**

- **How do we arrest pathogenic intestinal permeability?**
- **"Putting out the fire"** – evidence-based therapeutic protocols using food as medicine and key supplements
- **Research studies and potential actions of supplements and food components on gut barrier function and inflammation**

#### **Online course only (a high-level overview of testing is covered in the live workshops): 5.5 Hours**

- **Functional Lab Assessment Training** – In-depth webinars of key functional lab tests to help practitioners understand markers of key lab tests, what they mean, and how to assess results

#### **Building a Better Practice: 1.0 Hour**

- **Best Legal Practices** – Learn how to protect yourself and your practice.