

## Gluten- Free diet

- Gluten is a mixture of proteins found in wheat, rye, oats, triticale and barley and its derivatives.
- Gluten- free diet is not the same as wheat -free diet.
- Used for celiac disease or dermatitis herpetiformis (a gluten- induced skin sensitivity) are the only two diseases where this diet is medically needed.
- Based on the “opioid excess theory” by Reichelt, et. al. in 1990 that children with ASD have a leaky gut, which lead to the absorption of biologically active casein and gluten-derived peptides causing opiate behavior.
- May result in compromised nutritional status and impaired growth of the child.
- Recommended by some for persons with multiple sclerosis using very limited dairy products, refined sugar and saturated fats. Possibility that patients with multiple sclerosis have neurologic complications of undiagnosed celiac disease.