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The Weekend Sun

Coeliac disease in the family



Recently, I had a call from my daughter living in Sydney.

She was greatly distressed as she'd suddenly come out in hives all over. Subsequent tests pointed to the fact she had coeliac disease and she was put on a pharmaceutical to quell the fire.

Part of coeliac disease is a leaky gut – that means the intestinal lining becomes porous, allowing large undigested food molecules and stuff like yeast and toxins to flow into the bloodstream.

Gelatin help

Luckily, I was investigating the positives of gelatin by adding it to my smoothies every morning and had left some with her.

She started taking it morning and night and noticed an immediate relief. Gelatin is reported to seal and heal any damage it finds by lining the gastrointestinal tract and nourishing the rapidly growing mucous membranes.

Gelatin is a hydrophilic colloid that aids digestion by attracting digestive juices to the food in the digestive tract. While performing this important function, it prevents bad

bacteria from sticking to the wall of the gut, thereby preventing and mitigating bacterial infections. It also neutralizes toxins.

Striking results

Doctors of the past knew the value of gelatin in treating coeliac disease. In 1924, a researcher named Haas stated that the response of patients to a low-carbohydrate

diet in which gelatin 'milks' were given at the noon and evening meals gave, 'striking and almost uniformly good results obtained with many patients over a period of about ten years.'

My daughter has shown steady progress. We've also added vitamin D to her regimen as it transpires coeliacs have very low vitamin D levels when tested.

