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**To:** barnabykalan@rogers.com

**Subject:** How gluten sensitivity could be sabotaging your health

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# How gluten sensitivity could be sabotaging your health ... and a new discovery that can help

By Nan Kathryn Fuchs, Ph.D.

If you often feel tired, have an upset stomach, aching joints or headaches .. you could have a problem that's all too common today.

In fact, if you have any "mystery" ailments that just won't go away ... like migraines, memory problems, digestive disorders or skin rashes ... the culprit could be gluten sensitivity.

Gluten, as you may know, is a protein found in wheat, barley, rye and oats. There's gluten in breads, cakes, crackers, cookies, pizza, pasta, cereal and many prepared foods.

But gluten can be a hidden killer. Here's why: If you have trouble digesting gluten, it triggers an overreaction in your immune system. And this overreaction can attack your own digestive system.

When it attacks your digestive system, it creates two problems. First, it damages your intestines. The damage allows big, undigested chunks of gluten — along with putrefied food waste, toxins and bacteria — to "leak" through your gut into your bloodstream. Once in your bloodstream, these toxins travel all over your body and can cause inflammation from head to toe.

This inflammation triggers a whole range of symptoms, like fatigue, headaches, allergies, asthma, skin rashes, sluggishness, joint and muscle aches. Even mental difficulties like poor concentration, anxiety, and mood swings.

The second problem is that gluten causes your immune system to attack the "villi" in your intestines. Villi are tiny, fingerlike projections that help your intestines absorb nutrients.

If your villi are damaged, it's harder for your body to absorb the nutrients you need to stay healthy. So this can lead to more health problems ... like malnutrition, vitamin deficiencies, soft bones, skin rashes, hair loss and soft teeth.

Over time, the inflammation caused by gluten can wreak havoc on your body. And the longer it goes on, the worse the damage. Left untreated, gluten sensitivity increases your risk of premature death by up to 4 times!

This isn't a rare condition, either. More than 3 million Americans suffer from a serious problem digesting gluten. Many others can't digest gluten and don't even know it.

So what can you do about it?

## A gluten-free diet can help but...

If you are sensitive to gluten, you have to eliminate all gluten from your diet. Every little bit. You have to avoid all foods made from wheat, rye and barley. That means cutting out all breads, cereals, pasta, cakes, cookies — even gravy! It's the only way to completely remove the danger of gluten from triggering an immune reaction.

It's not a short-term treatment, either. It's something you have to do for the rest of your life.

The good news is, a completely gluten-free diet can stop and even reverse the damage from gluten sensitivity. You could start feeling the difference in just days.

The bad news is ... it's very difficult to stay perfectly gluten-free in today's world.

Sure, there are more gluten-free products than ever. You have gluten-free recipes ... gluten-free breads ... and other gluten-free products you can bring

## How to Tell If You're Gluten Sensitive

Not everyone has the "classic" symptoms of gluten sensitivity, such as an upset stomach, diarrhea or constipation after eating wheat, rye or barley. In fact, you are 15 times more likely to have gluten-related health problems that *do not* show up in your digestive system. These include:

1. Headaches
2. Brain fog and poor concentration
3. Blood sugar imbalances
4. Declining memory
5. Weak bones and higher risk of fractures
6. Hair loss
7. Loss of teeth
8. Mood swings
9. Nerve pain
10. Scalp and skin rashes
11. Unsteady walking
12. Fertility problems
13. Adrenal fatigue

To find out whether gluten sensitivity is secretly affecting your health, ask for your **no-risk trial of Gluten Sensitivity Formula** today. You'll get a free copy of my special report, ***How to Tell If You're Gluten Sensitive ... And What to Do About It If You Are***. This report reveals how you can scientifically test for gluten sensitivity in the privacy of your own home.

home from the health food store.

But there's "hidden gluten" in so many other foods. Like canned soups ... salad dressings ... instant coffee ... veggie burgers and meat substitutes. There's even gluten hiding in medicines, vitamins and cosmetics!

And when you eat out at restaurants, well, you're at the mercy of strangers. You can question the waiter all you want and get quick "yes, yes" answers. But you know he's not going to be as careful as you'd like.

Even a smidgen of flour on a cook's hand or a splash of soy sauce in a dish can set off a painful reaction. Like cramps, diarrhea or constipation, brain fog, headaches, aches and pains in your joints. Or symptoms you don't even feel but are weakening your body.

But now there's a solution...

## **A new way to protect yourself against "hidden gluten"**

Now there's something that can help you be much more successful in your efforts to stay gluten-free.

What's more, this discovery can help you enjoy a night out at your favorite restaurant or at special occasions like a wedding, without having to worry about what you're eating.

Scientists have discovered something that breaks apart gluten and digests it so you can avoid the pain and discomfort you've had in the past.

The secret: Enzymes.

Enzymes, as you may know, are chemicals that dissolve things. Some enzymes, for example, dissolve the nutrients in your food.

Your body has thousands of enzymes. But one enzyme in particular has the ability to digest gluten. And here's the surprising part: research shows that people who are gluten sensitive have much *less* of this enzyme than other people.

This one special enzyme is called DPP-IV (dipeptidyl peptidase IV). DPP-IV can break apart the big gluten molecules that trigger painful reactions.

Scientists first tested this in the lab. They mixed gluten from whole wheat bread with a DPP-IV enzyme formula. The enzymes dramatically sped up the process of breaking apart the gluten proteins in the bread.

In fact, in one study, an enzyme combination with DPP-IV completely eliminated gluten toxicity in just 10 minutes. By "eliminating toxicity", it means it broke apart the gluten into such small pieces, that it can stop gluten from triggering a painful reaction in your stomach.

Next, scientists fed gluten proteins to animals, and gave the animals a DPP-IV enzyme formula. They discovered DPP-IV had a significant effect on the animals' ability to break down and digest these gluten-rich proteins.

And now studies using human tissue show that DPP-IV enzymes could be the next big therapy for gluten sensitivity. Beyond simply cutting out all gluten from your diet, as you must do now.

These enzymes can improve your chances of sticking to a gluten-free diet because they catch hidden or unknown gluten you might eat by accident. By neutralizing this hidden gluten, the enzymes give your intestines more time to heal. And help you better absorb the nutrients in your food.

## Not all gluten-eating enzyme formulas are alike, though

DPP-IV is the enzyme that breaks apart gluten, so that it's safer for you. But you've got to be careful. Not all DPP-IV enzyme formulas are alike. Some are stronger than others.

That's because DPP-IV enzymes can't do the job of digesting gluten all by themselves. They need help from other types of enzymes.

First, you need enzymes that digest proteins in general called "proteases" and "peptidases." These protein-digesting enzymes break apart big gluten molecules into smaller pieces that can be gobbled up by the DPP-IV enzymes.

Second, you need a range of enzymes that work in different parts of your stomach and intestines. That's because different parts of your digestive tract have different pH or "acidity" levels.

Your stomach is very acidic. While your small intestine — where you absorb 90% of your nutrients — is almost acid-neutral. So you need enzymes that

## "The Hidden Epidemic of the 21st Century"

Have you been hearing more about gluten sensitivity lately? Or about people trying to eat a gluten-free diet? You may think it's just a "fad." But consider this...

The wheat we eat today has been bio-engineered to contain nearly *90 percent more gluten* than the wheat our grandparents ate. And unlike other foods, grains must be "processed" by grinding them to help us digest them. Even with the grinding process, many people still have trouble digesting grains.

So it's no surprise that gluten sensitivity is growing. Some experts call it the "hidden epidemic of the 21st century." Just as earlier diseases were misunderstood and misdiagnosed, so is gluten intolerance.

In fact, of the 693 research papers published on the subject in PubMed, a service of the National Institutes of Health, nearly half study this "silent" or "hidden" form of gluten sensitivity. That's the kind of gluten sensitivity that doesn't show up as digestive distress. But can cause many serious health problems throughout your body.

If you want a simple way to find out if you are gluten sensitive, ask for my special report, ***How to Tell If You're Gluten Sensitive ... And What to Do About It If You Are***. It's yours FREE with a [no-risk trial of Gluten Sensitivity Formula](#).

work in both places. And now there's a way to get them...

## The enzyme "cocktail" that protects you from hidden gluten

Being gluten-sensitive myself, I wanted this complete protection. So I contacted my friends at Advanced Bionutritionals. I asked them to put together a formula that would offer this wide range of enzyme protection.

The result is nothing short of miraculous. Their new **Gluten Sensitivity Formula** has powerful DPP-IV activity. Plus the full complement of protease and peptidase enzymes to break apart gluten. And it's designed to work in the wide range of pH levels found in your digestive system.

What's more, **Gluten Sensitivity Formula** helps solve another common dietary problem...

### 2-in-1 protection for casein sensitivity, too

Here's a bonus to taking **Gluten Sensitivity Formula**. Many people who have problems digesting wheat, also have problems digesting dairy.

You may think the problem is lactose — a milk sugar. But often the culprit is casein, a protein found in milk. Sometimes this milk protein is not being broken down and properly digested.

If you can't digest casein, you can have symptoms such as bloating, gas pains, diarrhea, vomiting, even skin rashes and asthma.

Even if you stop eating dairy products like milk, yogurt and butter, you can still be exposed to casein. Casein is found in a huge range of products including medicines, cosmetics, and soy foods.

But the special mix of enzymes in **Gluten Sensitivity Formula** also digests casein (dairy protein). So if you suspect your digestive problems come from eating either wheat or dairy, **Gluten Sensitivity Formula** will make a big difference.

Here's what each daily dose provides:

<b>Proprietary Enzyme Blend</b>	<b>645 mg</b>
Providing Peptidase and Protease enzymes (27,000 HUT) with Dipeptidase IV (DPP-IV) activity	
<b>Acid Protase (50 SAP)</b>	<b>60 mg</b>
<b>Alkaline (50 PC)</b>	<b>60 mg</b>

**Other ingredients:** Microcrystalline cellulose, vegetable stearic acid, silicon dioxide, croscarmellose sodium, magnesium stearate, and hydroxypropyl methylcellulose.

[Click here to end your worries about gluten sensitivity now!](#)

## You never know when you might be exposed to hidden gluten.

I recently discovered just how valuable these enzymes are. I was at a Japanese restaurant with some friends. The restaurant knew about gluten-free foods. They were very careful how they prepared their food. And they

served Tamari sauce which is gluten-free.

But one of my friends decided to have a dessert called "mochi." She said, "Try it!" and I had a small piece. Well, there was some hidden gluten in it. Because a few minutes later, I started feeling rumblings in my stomach. These rumblings used to signal the need to run to the bathroom 4 or 5 times in a row.

But I took some gluten-digesting enzymes instead. In 10 minutes, my stomach upset was gone.

You never know when you might be exposed to hidden gluten, even if you're very careful. If you're eating out anywhere ... at a friend or a relative's house or at a restaurant ... it's good to have some **Gluten Sensitivity Formula** with you. I make it a habit of taking some with me everywhere I go.

## Complete digestive support for gluten and casein sensitivity

**Gluten Sensitivity Formula** isn't a cure for gluten intolerance, especially the more severe form. A completely gluten-free diet is still the "gold standard" for getting rid of your symptoms and reversing the damage caused by gluten.

But on those occasions when you have to eat out at restaurants or at a friend's house ... where there could be hidden gluten in your food ... **Gluten Sensitivity Formula** can help. It gives you one more way to live a normal life and get all the nutrition your body needs to stay healthy.

## The best news yet if you're trying to live gluten-free

Imagine being able to go out with friends and not make a fuss about your special diet anymore. Or being able to enjoy holiday meals and special

## Why even good doctors overlook gluten sensitivity

The symptoms of gluten sensitivity are so different from person to person, your doctor may not even test for it.

Yet many people today are walking around with undiagnosed gluten intolerance. They're suffering from conditions like chronic fatigue ... mystery pains ... migraine headaches ... mood disorders ... and many other health problems that just won't go away.

Gluten-related problems are diagnosed 40 times more often in Europe. For every diagnosed case of gluten sensitivity here in North America, another 5 to 10 people fail to get diagnosed properly.

Doctors traditionally diagnose this disease through a blood test and a biopsy of the tissues in the small intestines. But if your doctor doesn't think you have a serious inflammation in your intestines, he won't do a biopsy and he'll likely miss your diagnosis.

But you don't have to subject yourself to a painful biopsy. There's a simple saliva test you can order by phone that accurately tells you if you are gluten sensitive. You can learn about it in my special report, **How to Tell If You're Gluten Sensitive ... And What to Do About It If You Are**. The report is yours FREE with your [no-risk trial of Gluten Sensitivity Formula](#).



occasions, without having to run to the bathroom.

Imagine the relief of knowing that gluten or casein sensitivity are no longer eating away at your insides, causing inflammation that can lead to serious health problems.

Imagine being free of the mysterious health problems that have plagued you for years. No more cramping, bloating, fatigue, weariness or worse.

## Feel the difference in days ... or you pay nothing

If you've got digestive problems that just don't go away, I suggest you do two things:

First, try to stay off both gluten and casein (dairy) completely for two weeks. At the same time, order some **Gluten Sensitivity Formula** and take 1 tablet at the beginning of each meal.

If you're gluten or casein sensitive, you will feel the difference in two weeks — or less. You'll be positively amazed!

And don't worry if you forget to take **Gluten Sensitivity Formula** and accidentally eat some gluten. You can take one or two tablets after a meal and it will help you digest the gluten and take care of your symptoms.

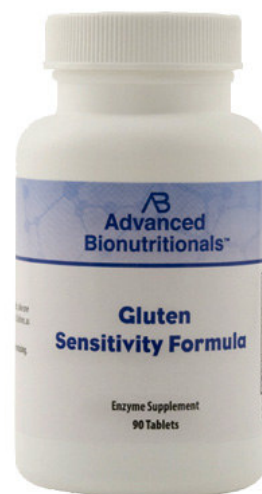
I truly believe **Gluten Sensitivity Formula** will make a difference in your life. And I want you to experience the comfort, energy and improved digestion it offers as soon as possible. So I've arranged for you to receive a special discount on your first order.

You can get a six month's supply of **Gluten Sensitivity Formula** right now for as little as \$33.25 per bottle. Just ask for our Best Value pricing. You'll save \$40.20 off the regular price ... and get a FREE Gift with your order.

And of course, with every Advanced Bionutritionals product, you are completely protected by a "Down-to-the-Last-Pill" guarantee. If at any time you are not satisfied with **Gluten Sensitivity Formula**, just return it for a full refund of every penny you paid. Including the shipping charges. Advanced Bionutritionals will even refund your money if you've finished the full bottle!

[Simply click here](#) to get your supply. Or call toll-free at 1-800-791-3395 any time 24 hours a day, seven days a week. Once they receive your order, they'll rush it to your door.

**Gluten Sensitivity Formula** gives you much more control over your health and vitality again. It enables you to live the vibrant lifestyle you richly

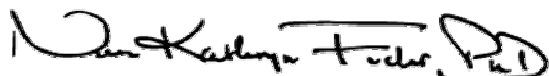


deserve.

As a fellow gluten-sensitive person, I urge you to experience the life-changing effects of **Gluten Sensitivity Formula** as soon as possible.

[Click here now to order your supply!](#)

Yours for good health,



Nan Kathryn Fuchs, PhD

P.S. Call or [click here](#) to take greater control of your digestive health with **Gluten Sensitivity Formula**. In just weeks, you will feel the difference before each meal and when you eat out. Say goodbye to painful cramps, bloating, gas and fatigue caused by gluten and casein sensitivity. And watch other symptoms like headaches, joint pain, mood swings, memory and concentration problems disappear. All because you took action today!

**P.P.S. Respond Now And Get 2 Bonus Gifts!**

**FAST REPLY GIFT #1** : Order now and we'll also send you a free copy of ***How to Tell If You're Gluten Sensitive ... And What to Do About It If You Are***. This special report reveals the most affordable at-home tests for gluten and casein sensitivity ... the best treatment options you have ... and some simple tricks to make your efforts to stay gluten-free easier and more successful. It's yours FREE when you order **Gluten Sensitivity Formula** today!

**FAST REPLY GIFT #2**: Free Shipping! Yes, you'll pay no shipping charges on this order, saving you \$6.95.

#### **ABNFNG10**

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