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Functional Medicine

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Title

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## WHAT MOVING STRICTLY GLUTEN-FREE HAS CHANGED IN MY HEALTH

I think that I should share this with you. I am going to explain you what moving strictly gluten-free 4 years ago has changed for me. The reason for such drastic change in my diet did not come from biological tests, but I reckon there were good reasons to do so, which I deliberately ignored...

The main and obvious reason should have been to remove gluten from my diet because I suffer from a mild and likely very long-lasting autoimmune thyroiditis manifesting itself by small amounts of autoantibodies. At least, that is what I recommend to my patients! Finally, it took repetitive upsets on my way back from Ethiopia, where I had been feeling great, to pick the problem. Ethiopia meant flatbread made of gluten-free teff flour, whereas Ethiopian Airlines 'international' flight meal meant classic gluten exposure.

To my absolute shame, I needed three of such episodes to understand it was the gluten intake when flying back home that messed-up my gut and not some random bug I would have previously caught in Ethiopia (where I always thrived even though I could sometimes eat so-called 'street-food').

To make it short, I have gone gluten-free since January 2015. This has led to a number of drastic changes in my health that you may find interesting:

- about 60% lesser need for thyroid hormones that has slowly developed;
- total disappearance of a supposed '*Gilbert's syndrome*' (high bilirubin);
- psoriasis scalp patches improvement, another autoimmune expression;
- spectacular increase in joint flexibility, especially noticeable for ankles;
- no headaches and no brain fog; they come back if accidental exposure;
- unsurprisingly, better digestion regarding bowel movements and stools.

You will understand that I am not keen to even consider resuming gluten!