

Planet Health's Newsletter

Celiac Disease: Fast Facts & Myths

By Tricia Ryan, BA,BSC,MBA

According to Beyond Celiac.org, which supports consumers with celiac disease and gluten sensitivity, here are some of the most staggering facts associated with commonly asked questions about celiac disease and the gluten-free marketplace.

- It is estimated that 83 percent of Americans who have celiac disease are undiagnosed or misdiagnosed with other conditions.
- Celiac disease is a serious genetic-autoimmune disease that damages the villi of the small intestine and interferes with absorption of nutrients from food.
- An estimated one in 133 Americans, or about 1 percent of the population, has celiac disease. Celiac disease can affect men and women of all ages and races. Six to 10 years is the average time a person waits to be correctly diagnosed.
- Celiac disease can lead to a number of other disorders including infertility, reduced bone density, neurological disorders, some cancers, as well as other autoimmune diseases.
- Five to 22 percent of people with celiac disease have an immediate family member (first degree relative) who also has celiac disease.
- There are no pharmaceutical treatments or cures for celiac disease. A 100 percent gluten-free diet is the only existing treatment for celiac disease today.

Resource: vitamin retailer magazine

3rd Quarter 2017



Myths or Facts

• Is Gluten Sensitivity Real?

At this point in time, most experts in gluten-related disorders do believe it is a real condition. A diagnosis of gluten sensitivity is given when people experience similar symptoms as those with celiac disease when eating gluten, but who test negative for celiac disease and wheat allergy.

• Do Gluten-free Foods Help You Lose Weight?

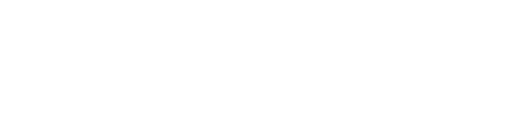
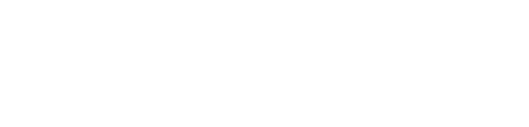
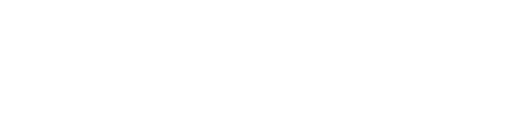
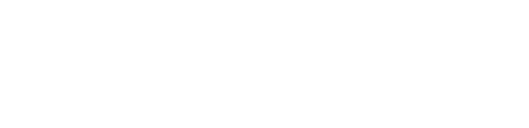
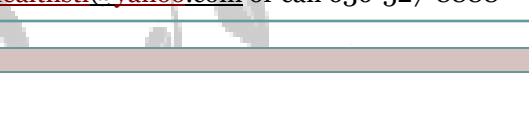
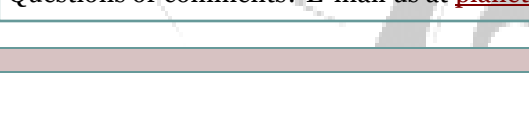
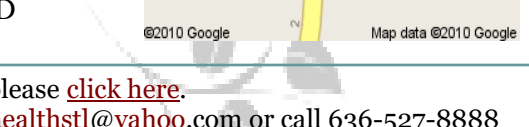
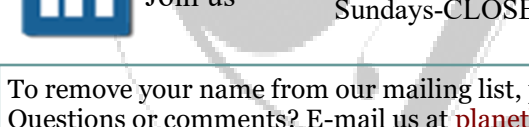
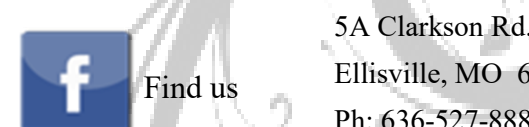
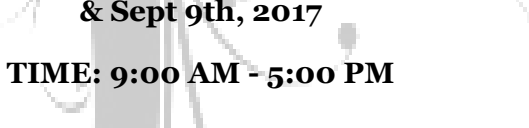
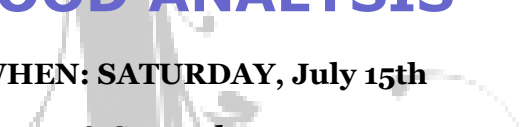
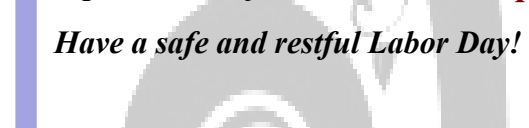
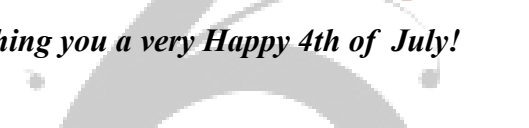
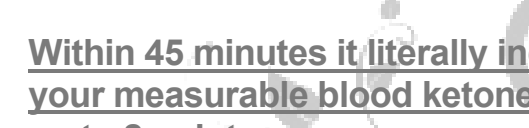
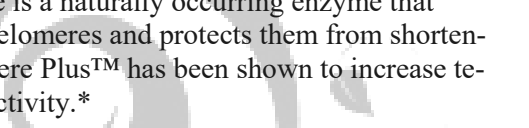
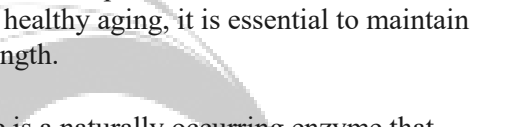
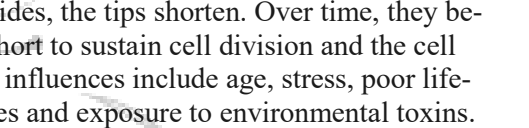
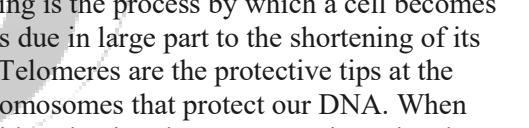
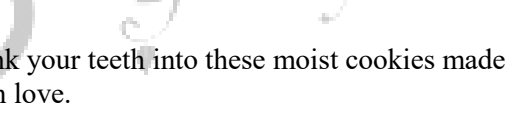
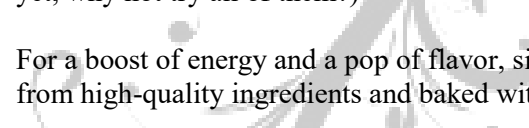
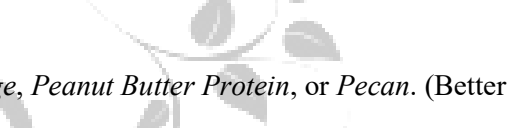
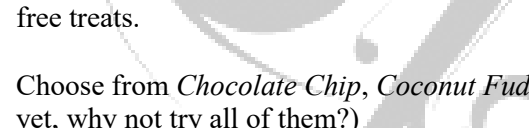
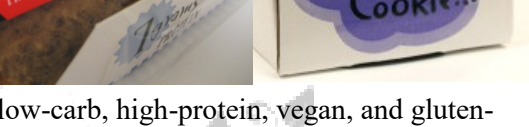
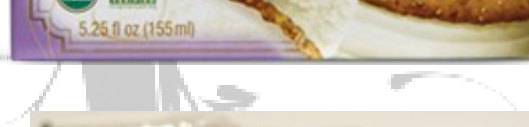
Weight loss comes from balanced, healthy diets—gluten free or not. When you're trying to lose weight, the key is to make conscious choices about eating whole, real foods.

What's New?



All of our Enchiladas are:

- Vegan
- Gluten Free
- Soy Free
- Non GMO
- Non-Dairy
- Have No Trans Fat

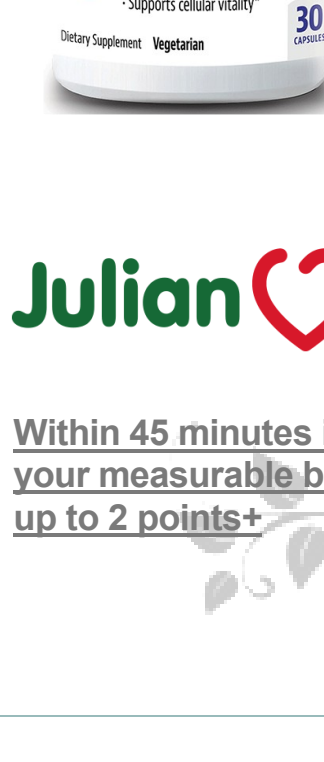


One Smart Cookie™ offers four flavors of low-carb, high-protein, vegan, and gluten-free treats.

Choose from *Chocolate Chip*, *Coconut Fudge*, *Peanut Butter Protein*, or *Pecan*. (Better yet, why not try all of them?)

For a boost of energy and a pop of flavor, sink your teeth into these moist cookies made from high-quality ingredients and baked with love.

ENZYMEDICA



Increases Telomerase Activity*

Cellular aging is the process by which a cell becomes old and dies due in large part to the shortening of its telomeres. Telomeres are the protective tips at the ends of chromosomes that protect our DNA. When the cell divides, the tips shorten. Over time, they become too short to sustain cell division and the cell dies. Other influences include age, stress, poor lifestyle choices and exposure to environmental toxins. To support healthy aging, it is essential to maintain telomere length.

Telomerase is a naturally occurring enzyme that lengthens telomeres and protects them from shortening. Telomere Plus™ has been shown to increase telomerase activity.*

Julian Bakery

Within 45 minutes it literally increases your measurable blood ketone level up to 2 points+

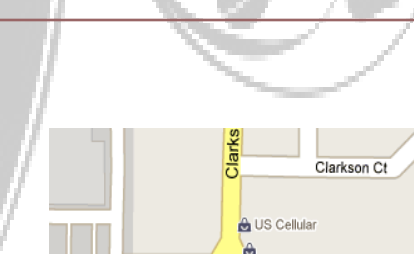


NOTICE

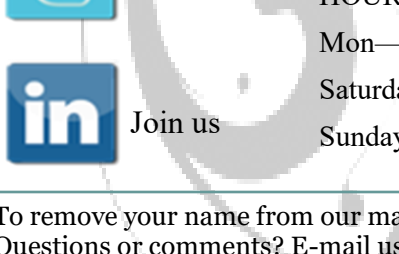


Planet Health will be **OPEN**, Tuesday, July 4th, 2017 from **9:00am-5:00pm**. Wishing you a very Happy 4th of July!

Planet Health will be **OPEN**, Monday, Sept 4th, 2017 from **9:00am-5:00pm**. Have a safe and restful Labor Day!



NUTRITIONAL BLOOD ANALYSIS



WHEN: SATURDAY, July 15th

& Sept 9th, 2017

TIME: 9:00 AM - 5:00 PM

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