



### WHEAT ALLERGY



After cow's milk, wheat is the second foreign protein that each person's body is invariably confronted with. From the second year of life the body ingests wheat daily, in some form or other. In addition, wheat is by far *the* plant that has been the most cultivated and manipulated for centuries. In all agricultural countries of the world wheat harvest ranks at the top of the economic factors. Consequently, new means and techniques are applied all the time to continually increase yields. This over-cultivation may bring large harvest yields, but at the same time it also seems to bring with it an increase in **allergen potential**. That is to say, more and more people develop allergies to components of the wheat grain. (Interestingly, allergies to spelt, the original form of wheat, are virtually unknown!)

The true wheat allergy we discussed is a hypersensitivity to **wheat protein**, the protein portion of the wheat grain. This hypersensitivity is often based on a certain genetic predisposition to allergic reactions. It is important to distinguish it from the completely different symptomatology of gliadin hypersensitivity. Gliadin is a subfraction of **gluten** contained in several types of grain (including rye, barley, oats.) Gliadin hypersensitivity leads to celiac disease resulting in gastrointestinal manifestations, conspicuously bulky fatty-looking stools, and stunted growth.

The **true wheat allergy** is much more common than gliadin hypersensitivity. Surprisingly, it tends to go undiagnosed. An individual allergic to wheat rarely benefits from the more familiar gliadin hypersensitivity and its resultant large supply of gliadin-free foods. "Gliadin free" does not automatically mean "wheat free." Many gluten-free foods contain wheat starch or wheat oil for example, which anyone allergic to gliadin tolerates, yet which are strictly prohibited for any individual allergic to wheat.

The manifestations caused by a wheat allergy may vary quite significantly. The most important target organs are the **skin** (different levels of severity of neurodermatitis, specifically on the face, neck, hands and feet) and the **bronchials** (tendency to spastic bronchitis, hypersensitive bronchial system, true “endogenous” bronchial asthma). Sometimes the intestines are also affected (colitis, Crohn’s disease). Inexplicable, long-term rises in temperature, incidences of tachycardia, cardiac dysrhythmias, or phases of noticeable tiredness, etc. may be due to a wheat allergy as well.

Independent of site and symptomatology, the most important action to be taken for any wheat allergy is the complete elimination of wheat, wheat products, and foods containing wheat in the very best broadest sense.

### **Wheat-Free Diet**

A wheat-free diet does not simply mean the elimination of wheat and wheat products such as bread, pastries, pasta, etc. from the diet, but the complete elimination of wheat information. In other words, the elimination of the biophysical frequency information, which is inherent in each substance in our cosmos. Each substance has its own unique frequency information. We also refer to this as biophysical codification. Avoiding any contact with the substance itself as well as the pure physical information is called **avoidance of the codification**. We have observed that some patients are so sensitive to their allergen that even contact with the completely intangible information of the substance causes severe to most severe reactions. This is extremely important with regard to neurodermatitis patients.

The complete elimination of any wheat information, be it hidden in the food or present in the patient’s environment in whatever form, presents the actual difficulty for patients allergic to wheat.

The purpose of this information is to underscore the importance of the term **strict avoidance of wheat** and to provide some general advice. However, it is no replacement for the constant attention and investigative work inevitable in daily life. The following list of foods that commonly or sometime contain wheat is by no means complete. It has to be supplemented according to a person’s dietary habits and the local foods available. It is beneficial to join a local interest group or self-help group (e.g., for neurodermatitis). This is a good way to exchange information about local venues, dangers, etc. when buying from grocery and health food stores, bakers, butchers, etc.

### **Food That Always Contain Wheat Protein**

**Bread:** Almost every bread that is purchased, even when advertised as pure rye bread, spelt bread, etc. contains some amount of wheat! This also applies to crisp breads and many other baked goods. It is best to bake the bread yourself or use only bread from a very reliable source (and test it!)

**Flour:** If you buy wheat-free flour (e.g., spelt, rye) in a health food store, make certain that wheat was not ground in the same grinder at any point. At home, you should also pay attention to possible residual wheat flour in the grain grinder, in containers, etc.

**Wheat semolina:** All types.

**Baby food:** Industrially prepared baby foods, unless they are explicitly labeled wheat free or gluten free.

**Baked goods:** Cakes, pies, tarts, waffles, basically all pre-baked goods.

**Breadcrumbs:** Be careful with all breaded dishes, especially off-the-shelf dishes.

**Pasta:** All noodles, spaghetti, macaroni, ravioli, spaetzle noodles, etc. unless they are explicitly labeled as wheat free or gluten free.

**Dumplings:** Frozen or pre-cooked.

**Potato dumplings:** With or without filling (e.g., apricot or plum filling).

**Yeast dumplings:** Including all similar ready-to-eat yeast-dough products.

**Wheat bran:** (Commonly in products which regulate the digestion).

**Wheat germ:** (In many health food products; for wheat germ oil, see vegetable oils!)

**Wafers:** Make sure you inform clergy of your child's wheat allergy! Wafers can also be made from spelt flour.

**Salt dough:** This is not used for eating, but to make forms and shapes. Just handling the dough may be enough to cause an allergic reaction!

### **Foods That May Contain Wheat**

Wheat flour is added to many industrially produced foods as a thickening agent and cheap filling ingredient. It is rarely listed on the label. Look for descriptions such as cereal binder, cereal filler, cereal protein, vegetable protein, rusk, edible starch, etc.

**Milk products:** Yogurt (e.g., containing wheat bran or muesli), UHT milk, spreadable cheese.

**Meat products:** Breaded or fried meat patties, meat loaf, frankfurter sausages, any type of deli meat, any type of spreadable meat (e.g., liverwurst, pate de fois gras), meat pasties or pies, meat conserves. All types of breaded or floured meat products.

“Hardened” vegetable fats are substances that always create errors when trying to avoid wheat. They are found in sausage-type meats and act as binders. They usually contain wheat information and are used in hard sausages or cured meats.

**Prepared fish products:** Fish sticks, fish loaves, breaded or battered fish.

**Vegetables:** Many prepared vegetable dishes, vegetable soups, etc. Canned vegetables in a sauce, instant mashed potato powder.

**Soups:** Prepared soups and canned soups, soup bouillons.

**Sauces and spices:** Spice mix for soups, curry powder.

**Vegetable oils:** These are given little consideration but often cause diet errors. Many high-quality oils (e.g., sunflower seed oil, corn oil, thistle oil, many olive oils) contain wheat information in some form or other. Anyone allergic to wheat should use only previously tested edible oil.

**Margarine:** This falls in the same category as vegetable oils. Most types of margarine based on vegetable fats contain wheat information.

**Mustard, ketchup, mayonnaise, salad dressings:** These are typical products containing oil and should be tested before use.

**Potato chips or French fries:** As pre-packaged products they are often fried in oils containing wheat.

**Baking powder**

**Beverages:** Pre-mixed cocoa drinks, cocoa powder, any milk beverages, and beer made from wheat.

**Sweets:** Chocolate products, prepared pudding dishes, mousse, children’s deserts when sold as off-the-shelf products; chocolate bars, muesli bars, fruit bars.

**Important Note:**

Patients suffering from severe neurodermatitis, in a highly sensitive phase, may need to eliminate all types of products containing wheat from their entire environment for some time. Simply the act of someone else handling wheat or bread, etc. releases the **intangible information** (the specific biophysical frequency pattern) and subsequently may cause severe reactions!

For these reasons anyone who is at such a sensitive stage in his/her illness must also avoid grocery stores, supermarkets, particularly bakeries and confectioners.

### **Wheat Alternatives:**

The best and most nutritious alternative for wheat is **spelt**. It is the predecessor of our cultivated wheat. However, it has a different protein molecule and therefore can always be tolerated by people allergic to wheat (excluding people sensitive to gluten!)

All other types of grain (such as rye, barley, oats, buckwheat) are generally tolerated and may be used as replacement.

When using any alternative grains pay attention to possible **contamination** caused by individual wheat grains. This may easily occur during storage, packaging, and handling.