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## VIRTUAL LAF CONFERENCE

Proceedings of 69<sup>th</sup> Session  
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### **SUBJECT: *Probiotics and Wheat Sensitivity***

I think Peggy's observation about her wheat sensitivity disappearing after she began to take *Saccharomyces boulardii* deserve some further discussion. Her posting is as follows:

*This year in the late spring or early summer i got a bottle of a probiotic called Saccharomyces boulardii. I took all of them at a rate of two every day. At the end of that time i found that 3 tablets of mg glycinate did not give me diarrhea, nor does fish oil, and as a matter of fact i ate some ice cream the other day and have not gotten any trouble from it yet.*

*More to the point, i have ordered and taken another bottle of the same S. boulardii, and yesterday i ate any wheat bearing thing i found in the kitchen, and have not gotten any reaction as yet. I do not understand what is happening here, but i intend to go to my Monday morning volunteer job at the thrift store and take myself to lunch after that and re-acquaint myself with some excellent baked goods, handmade on the premises by the owner, a true culinary genius whose product i have been shamefully neglecting. If i live thru the experience i will make further reports.*

*So far as i know neither lactose intolerance nor celiac are subject to spontaneous remission, so who knows what is happening with me. This is new territory. Am off to explore.*

I don't know what is happening either, but after two months of faithfully supplementing with a very strong probiotic containing 8 different strains (VSL#3) my wheat sensitivity has also disappeared. MY PAC's and PVC's are also pretty well gone even on days when I forget my potassium supplement. Any and all thought on what IS going on would be appreciated by both the undersigned and Peggy, I am sure.

**Hans**

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All I can say is that at every opportunity Dr Lawrence Plaskett, who's course in Nutritional Medicine I was studying some years ago, would lecture us on gut health and the importance of it's population.

Very interesting to see what a huge effect it's having on you Hans and Peggy.  
Maybe a lot of our newish food sensitivity problems stems from the over use of antibiotics and our fetish about cleanliness.

**Joyce**

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I know it's not totally related to afib (although in my heart I think it is as my son and I both have similar health issues), but my son went from almost non-verbal to completely verbal (he has autism) within days of starting both probiotics and prevacid. And after years of getting every stomach bug that came around, he hasn't had one in forever...which is

saying a lot given the crud that goes around elementary schools combined with his total fascination with plumbing.

I think probiotics are one of the most important supplements people can take, healthy or not. I've just started taking them again myself and am hoping they help whatever is my underlying cause for afib. I'm definitely a fan!

**Darcy**

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this is good news

maybe the bacteria break down the portion of gluten that we can't, kind of mops it all up for us so its not absorbed to cause problems, not really sure, we must be able to get to the bottom of it between us

<http://www.celiac.com/articles/779/1/Are-Commensal-Bacteria-with-a-Taste-for-Gluten-the-Missing-Link-in-the-Pathogenesis-of-Celiac-Disease-By-Roy-S-Jamron/Page1.html>

some interesting thoughts here on celiac and bacteria. It kinda turns what I said on its head, but it also mentions some strains of bacteria in the gut presenting Gluten peptides on their cell membranes, maybe taking the correct forms destroys the ones causing problems.

**Toni**

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Hans:

You wrote:

"a very strong probiotic containing 8 different strains (VSL#3)"

What does VSL#3 mean?

Thanks a bunch,  
**Marian**

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Hans and Peggy - it's well known that those who are sensitive to wheat or gluten/gliaden proteins will have inflammation in the intestine and the body often has a reaction. Perhaps the Saccaro b. heals irritated intestinal cells and eliminates that chronic intestinal irritation and inflammation which also translates to fewer ectopics and afib. Seems to be a reasonable explanation as is often said, 'death begins in the colon' and there are certainly many avenues to intestinal irritation.

However, since irritation reactions are often physical, we also need to address the silent symptoms. If this also eliminates the brain plaques that occur with gluten ingestion, that would be outstanding.

Protecting against Alzheimers is critical.

Gluten

This is a common protein, and one of the most common brain toxins. An article in the New England Journal of Medicine listed over 50 negative effects related of gluten. These included dementia, nerve damage, depression and anxiety. It causes brain inflammation in some people who are especially sensitive to it, and it has glutamate in it, which is a molecule that has been shown to overstimulate neurons and kill cells.

**Jackie**

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Marian,

You can read all about this probiotic at

<http://vs13.ca/about.html>

It contains 450 billion units of 8 different strains in one sachet. It is usually prescribed by a physician, but in Canada at least, you can obtain it privately.

**Hans**

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Hans

Do you sell something like this in your store with the good strains?

Have a good read of this link

[http://en.wikipedia.org/wiki/Gut\\_flora](http://en.wikipedia.org/wiki/Gut_flora)

this is a bit from it

"The resident gut microflora positively control the intestinal epithelial cell differentiation and proliferation through the production of short-chain fatty acids. They also mediate other metabolic effects such as the syntheses of vitamins like biotin and folate as well as absorption of ions including Magnesium, Calcium and Iron.[5]"

the short chain fatty acids that the bacteria produce are an excellent source of fuel for the cells lining the gut providing the energy for high cell turnover, without them maybe the lining of the gut is starved of its nutrient needs which then effects nutrient uptake

**Toni**

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Clip from a CCF publication... speaks to the inflammation issue:

A dramatic important shift in the treatment of IBD is reflected in the editorial by Claudio Fiocchi of the Cleveland Clinic published in the same issue as evidenced by his statement "... from a practical standpoint, it makes more sense to take advantage of 'all' beneficial properties of probiotics by giving IBD patients combinations of multiple bacteria and yeasts with anti-inflammatory and protective effects, rather than hoping a single probiotics will fight alone and win the battle against an overwhelming and hostile army of gut flora". The presence of abnormal gut flora is emerging one of the crucial factors in the prevention and treatment of IBD, celiac disease and irritable bowel syndrome. The Food Doc believes it maybe time for all of us to take a daily probiotic in our fight in the war on terrorism in our gut.

Saccharomyces boulardii inhibits inflammatory bowel disease by trapping T cells in mesenteric lymph nodes. Dalmaso G. et al Gastroenterology 2006; 131:1812-1825.

**Jackie**

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One of the first assessments my Functional Medicine MD does is for leaky gut.

This following clip explains how one gets leaky gut syndrome and the role of gluten.

## **Leaky gut associated diseases may be helped by taking probiotics**

The passage of bacteria, yeast and food toxins through the wall of the leaky gut results in immune activation that is self-perpetuating or autoimmune. The inflammation may occur locally in the gut or in more distant bodily sites such as the joints, skin, and nervous system.

Crohn's disease, ulcerative colitis, celiac disease and irritable bowel syndrome are all associated with a leaky gut or increased intestinal permeability. Gluten increases gut permeability even in normal intestine. Aspirin and non-steroidal anti-inflammatory drugs (NSAIDS) such as Motrin, Advil, Ibuprofen, Aleve, Celebrex, Mobic, and Bextra; steroids like prednisone; and birth control pills are all felt to increase gut permeability.

Alcohol also increases gut permeability. This results in an increase risk of cirrhosis. Toxins produced add to the alcohol injury directly on the liver. Antibiotics are therefore now being advocated to rid the gut of bad bacteria in people with liver disease.

Taking a daily probiotic may be preventive of the more serious effects of increased gut permeability.

Source:

<http://thefooddoc.blogspot.com/search/label/Leaky%20gut%20associated%20diseases%20may%20be%20helped%20by%20taking%20probiotics>

**Jackie**

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Thanks Hans for the site, read everything, the only problem is it is very expensive for those of us on limited income. I am taking probiotics that I ordered on I-herb (Natrol Probiotic Acidophilus BioBeads- 2.5 Billion Live Cultures) and I can tell when I don't take them. In reading the one Hans is taking I don't even see that identified in what I am taking. I have had a really quiet heart since getting through the H.pylori infection and have not missed any probiotics which I take every day. So, the stomach inflammation could be a real key to all of this. I have always had stomach problems until after getting rid of H.pylori and now my stomach is good.

PeggyM, I thought you had gone off the deep end when you posted that you were eating everything wheat you could find and intended to eat lots of your favorite desserts, but maybe you are actually willing to be the "tester" for the rest of us who just do not have the courage to step out and try it all out. I guess I am just fearful and it is also possible that you and Hans have more of a particular probiotics in your system and that is why you are able to do this.

I am watching and waiting and hoping and praying that you stay in NSR and can enjoy those wonderful things you have missed for so long. Please keep us posted.

This is a great topic and I hope something spectacular comes from it.

**Sharon**

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Hello toni,

Yes, I do indeed carry several excellent strains of probiotics in my on-line vitamin shop. You can find them here:

<http://www.afibbers.org/vitamins/vitamin15.htm>

Primodophilus Optima would probably be a good choice.

Please note that most really powerful probiotics are shipped on ice overnight by courier.

**Hans**

"If this also eliminates the brain plaques that occur with gluten ingestion, that would be outstanding."

Jackie, is there any way to tell what is happening with that? My brother and sister have always thought i had some kind of softening of the brain, but i think they are both just jealous. I am, of course, a paragon of sanity and they are a couple of cranks.

**PeggyM**

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Hans, I looked at this brand and there was a statement that said:

"These items are not shipped with ice packs. We were told by Nature's Way that is is not necessary to have it refrigerated during transit. Here is their response, "Primadophilus can be out of refrigeration for a few days without losing the potency. We add extra cultures to allow for the product to be out of refrigeration for shipping and manufacturing. But for long term storage in order to hold the potency the product should be stored in the refrigerator." We do keep the product refrigerated while it is in here and we suggest you do the same when the item is received."

It would probably be okay for the winter, but I have found that in Florida you cannot even depend on that because our weather changes so quickly and it can be cold in the am and hot by noon. Sometimes these things sit in warehouses (UPS) until delivered. This is one reason I ordered the Natrol brand to start because it does not need refrigeration.

I will probably order some of the Primodophilus Optima this month. Should I take the BioBeads too, I just ordered 90 beads and don't want them to go to waste? I am only taking one a day and the Optima indicates one a day, so would it hurt to take both until I use the Bio Beads?

**Sharon**

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Hans,

How many caps of the Jarrow product <http://www.iherb.com/Jarrow-Formulas-Jarro-Dophilus-EPS-120-Veggie-Caps/7006?at=0> are you taking a day?

Sorry if the above post is incorrect. I started it, made an assumption, looking for something that fit the bill on iHerb & then got distracted before posting & didn't look to see your response as to what the product is. In any case, how many caps are you taking?

**George**

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George,

Just one sachet of the VSL#3 a day; but that one sachet contains 450 billion units of 8 active strains.

**Hans**

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Sharon, this is for you -

I can tell you that I never in my life had afib (as far as I know, anyway), until December of last year. After two years of being strictly gluten free, I went crazy starting around Thanksgiving and started eating wheat and dairy again for over a month. Because I never had obvious gut issues and my thyroid problems and fatigue didn't go away with GF, I lost my motivation and thought I would go off the wagon, so to speak.

Well, maybe it's coincidence and maybe not, but about three weeks later I was in the hospital with a severe afib attack. I was there for four days, and I am young, otherwise healthy, low bp, low cholesterol, don't drink/smoke at all, no heart

problems, thin, active, etc. It freaked me out.

So now I'm GF again and again taking probiotics (I had stopped taking those too). If I wasn't convinced before that wheat is a problem for me, I am now...

**Darcy**

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Yes Peggy - in the CR Session #54 about avoiding gluten the two doctors interviewed discussed evaluations of brain plaque by SPECT scans and perfusion.

<http://www.medicalnewstoday.com/articles/9030.php>  
<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2711951/>  
[http://high-fat-nutrition.blogspot.com/2009\\_06\\_01\\_archive.html](http://high-fat-nutrition.blogspot.com/2009_06_01_archive.html)

**Jackie**

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I forgot to mention that the VSL#3 also is an excellent yogurt starter.

**Hans**

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Very interesting.

I've eliminated gluten from my diet. Would I still benefit from a probiotic such as is being discussed here??

The VSL#3 product isn't really an option for me here in the UK (excessive cost and/or shipping problems timescale-deterioration-wise). Is there an almost-equally-effective option that doesn't ship on ice??

Thanks,

**Mike F.**

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Here you are Mike

[http://www.vsl3.co.uk/index.php?option=com\\_content&task=view&id=12&Itemid=26](http://www.vsl3.co.uk/index.php?option=com_content&task=view&id=12&Itemid=26)

though they do seem to have run out of supplies just now.

**Joyce**

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Thanks for that Joyce.

I wonder if this is a product one needs to take a) pretty much indefinitely b) intermittently (i.e. one month on, one month off or such) or c) for say 3 months just to get the gut flora back in shape?

**Mike F.**

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Mike,

Yes indeed, I am convinced that everyone benefits from having a gut populated by friendly organisms. I think probiotics

are a must. I doubt that any other probiotic would equal VSL#3, but it seems that *S. Boulardii* works for Peggy and Natrol Biobeads works for Sharon. The Biobeads do not require refrigeration so you may wish to try them. There are also brands available in the UK

[https://www.yourhealthfoodstore.co.uk/category.php/c181\\_Digestive\\_Aids\\_Probiotics.html](https://www.yourhealthfoodstore.co.uk/category.php/c181_Digestive_Aids_Probiotics.html)

but they seem to be rather expensive.

**Hans**

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This is a very interesting thread. Mike and I have eaten Dannon Activa Yogurt every day for the past 6 months or so. The yogurt contains three active cultures. It is the only dairy in our diet. Its loaded with sugar but is delicious. Mike had many digestive issues in the past (gas, burping). Those issues are pretty much gone but we have changed so many things that I'm not sure which one did it. I suspect that getting almost all dairy out of the diet did the most. We tried the gluten free diet but eventually gave it up because it didn't seem to help. I'm thinking maybe a probiotic is worth a try. Do you think it would be more helpful than the daily Activa yogurt?

**Debbie**

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Sharon,

Yes, the VSL#3 is indeed very expensive and may not be required in many cases. However, my irritable bowel syndrome (IBS) has really been acting up lately and my candida was also getting worse even though I have faithfully used Candex. I consulted a new naturopathic doctor (very capable) and he prescribed a 3 week course of 10-undecenoic acid followed by a month of VSL#3 (3 sachets a day). The maintenance dose for the VSL#3 would probably be one or two sachets a week or maybe just a quart of yogurt made with the VSL#3 as the starter. I am still experimenting; but I have no more symptoms of candida or IBS and can eat wheat with abandon - although I actually prefer not to because of its high glycemic load. I should mention that the VSL#3 (best taken mixed with yogurt or chilled apple sauce) can cause constipation if you take too much so experimentation is in order!

Thorne Research carries the 10-undecenoic acid as a product called SF722 (available in my vitamin shop).

In my experience it is best not to mix different probiotics. I found that they tend to "fight" each other for predominance in your gut. So I would finish of the Natrol Biobeads before switching to something else and, by the way, if the Biobeads work for you why switch? I think the key, as Mike F points out, is to get your gut thoroughly colonized with whatever probiotic works for you. That may take rather large doses for a month or so. Watch for constipation though!

**Hans**

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Here is some more information on VSL#3.

[http://www.prentice-publishing.co.uk/probiotics\\_for\\_pouchitis.htm](http://www.prentice-publishing.co.uk/probiotics_for_pouchitis.htm)

**Hans**

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A Google search reveals that VSL #3 is readily available in the USA at such places as amazon.com. The best price I saw was at:

<http://www.crohns.net/page/C/PROD/Probiotic/VSL3000>

I'm sure there are other sites but for anyone who is interested, this will get you started.

**Marian**

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Debbie - yes - try the probiotics. Activa and other similar products may or may not have the amount of beneficial live cultures needed to make a difference. In fact, Activa was sued by the FDA for making false claims. They have a fund set aside to reimburse consumers.

The number of live cultures that remain viable in a product after packaging, shipping, shelf life etc becomes the difference in whether a product works or not. Consumer Labs has reported that many of the supplement products do not deliver anything even close to the labeling of beneficial bacteria counts. If you note what Hans has said, it's hundreds of billions and that isn't going to show up in yogurt.

It's been known for many years that probiotics are important for the health of every person's GI tract and this includes children.

**Jackie**

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Hi Hans

You say that it can be used to start your own yoghurt.

Do you have any idea how good the potency of it will be in home grown yoghurt? Would you use just one sachet or part thereof as a starter? Would you combine it in addition to the regular starter or use on it's own?

Would you then use your yoghurt as a replacement for the sachet or as a supplement (eg instead of 3 sachets a day, 1 sachets and two yoghurts)?

**Allan**

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Hello Allan,

I am still experimenting with this. All I really know at this point is that if you use a liter (about a quart) of milk and one sachet of VSL#3 you get a very nice yogurt. I don't know what the potency would be or just how well it would work in replacing the sachets. If you try it let us share our findings.

**Hans**

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Hi Hans

I'm getting an order sent from Australia to New Zealand (ouch, not cheap). I'll let everyone know how it goes. I'll try supplementing with the yoghurt first and then gradually reduce sachet use for yoghurt.

For those interested in this part of the world, VSL#3 can be obtained from here:

[http://www.orphan.com.au/products\\_info\\_136.html](http://www.orphan.com.au/products_info_136.html)

I'm also interested in your earlier comment about missing potassium supplements and not suffering any obvious ill effect. Are you going to experiment with reducing supplement intakes and see if there is a lower sustainable limit as compared to your pre probiotic days?

**Allan**

Darcy. i wish i knew just what is happening with me. I went thru several years in which i could sometimes eat a small portion of maybe bread or cake and get no symptoms, but if i repeated this act the next day i would get severe diarrhea at once. That has now been repealed, i guess. Who knows what pattern i may or may not settle into. Be nice if i could just be normal, and ignore food contents and just eat whatever. Oddly enough, my longstanding acid indigestion has stayed gone too. i am really glad about that.

**Peggym**

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On the home made yoghurt front. I use a live probiotic yoghurt to make my own yoghurt. I use warmed milk plus dehydrated dried milk which makes it thick - Greek style in the UK - its what most of the manufacturers seem to do. I keep overnight in a timed yoghurt maker - give it 7 hours. It makes what to me seems good quality yoghurt - actually slightly less tart than the original yoghurt but always the same.

The new yoghurt keeps well, as does the original. I will use this culture to produce a second or even a third generation and they all seem to work and keep well.

I also use the culture to grow a culture using my breakfast cereal - a home mix oats, nuts, wheat germ, fruit muesli. I add warm milk and a large desert spoonful culture and timed in the yoghurt maker for 4 hours though it stands overnight. Produces a fresh yoghurt muesli porridge in the morning, which is thick enough to need more milk and which I enjoy.

**John P.**

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this one explains more about our "symbiotic" relationship with good bacteria

<http://www.upwardquest.com/03-beneficial-bacteria/13-vegetables.html>

it gives more information about the high energy demands of the intestine and the production of short chain fatty acids as the perfect energy dense food, the gut has a very high cell turnover, the fatty acids aiding the energy demands of this

So its basically saying that they have found a transporter in the cells of the colon that uptakes these short chain fatty acids, they didn't think the colon had the capacity to do this until cloning the transporter and realising that it was expressed on colon cells

so if we eat loads of good bacteria and feed it with loads of veggies and any undigestible starches and fibre etc the good bacteria in the colon will provide us with an a valuable source of short chain fatty acids to utilise in the body this has got to be good for the gut and probably the high energy demands of the heart.

Here's another link for reading in your own time

<http://physrev.physiology.org/cgi/content/full/81/3/1031>

**Toni**

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I have only a limited understanding of what is being said here. But one question stands out for me. While I am familiar with the idea that vegetables are an important contributor to healthy flora in the colon why is meat off the menu because of this discovery?

**Peter**

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Peter, i don't think i understood this article to say one should not eat meat. I think it says one should eat a lot of vegetable matter. These 2 are not contradictory.

**PeggyM**

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Peggy

I think your comment is exactly correct x

Peter

we are led to believe that all digestion and breakdown of nutrients should occur in the small intestine, then what moves into the bowel is the undigestible parts of veges etc, then basically what happens in the bowel is mainly water absorption and the the passing of what we can't absorb.

Before this kind of study they hadn't realised that more nutrient absorption can happen in the bowel

the transporter they have found sits in the membrane of colon cell and actually absorbs these short chain fatty acids from fermentation of the bacteria in the colon

so you need good bacteria present in the colon in the first place and then if you want it to survive you need to feed it, the paper is saying its perfect food is the stuff we don't digest in the small intestine, it can feed off things like cellulose that we can't digest and many other things in plant cell membranes that we can't digest

the thing about red meat as a protein is that it can be difficult to digest fully in the small intestine where all protein digestion should have taken place before it moves into the colon its not always the case that we have fully digested it and undigested protein could end up in the colon where it doesn't belong

after reading more about good bacteria some of them don't just digest the undigestible plant parts they can also use the undigested protein in their metabolism needs

so the take home message is you need to populate the gut and colon first, its important that you eat loads of veggies to feed their needs and keep them multiplying so its like a last chance to squeeze as much energy out of the food that we eat, i don't doubt that any undigested protein that is available will also be used up, its like our own fermenter that we need to keep in balance and if we do that, in return they will supply an endless source of short chain fatty acids for fuel for our own bodies and cellular turnover in the colon

with the finding of this transporter they now know that we can absorb fatty acids through colon cells and aid digestive health

my head as gone off in so many tangents with this information that it would be difficult to put down and link all my thoughts from this information in relation to AF

the colon is a last chance saloon for nutrient absorption but the good bacteria needs to be there and it needs its favourite food in the form of vegetable starch and with that it may just clear up any undigested protein as part of the process

I really think this is important as Afers we will all be populated with different strains of good bacteria, naturally and what we take, some of us may take good bacteria then do nothing to feed them well and keep them happy

i wonder wether we are similar to the hind gut fermenters of the animal world like horses but on a different scale without a healthy fermenter we are losing out on a serious amount of energy

hope this helps please email me if you have anymore questions.

**Toni**

Toni,

Sorry, my mistake; I misread something in the article posted by George N about Dr Ganapathy's research:

"The professed meat-lover who has little interest in vegetables already has changed his diet based on his findings: "I eat a big helping of yogurt every day," he says of the food rich in bacteria products."

I took it to mean that he had given up meat as a result of this research, which of course it does not.

Thanks

**Peter**

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Have been lurking here and there searching for info on *S. boulardii*, a critter i have developede a fondness for. Here is some boilerplate from some seller's site:

"How long does Florastor® continue to have an effect after you stop taking it? When you stop taking Florastor® *S. boulardii* cells clear the body within 5 to 7 days. "

Ok, so that is why there was no cessation of effect between the end of one bottle and the arrival of the next shipment from iHerb several days later. They are speedy, and i am sure it took less than 7 days and it may have been less than 5 days before that box appeared on my porch. I am not sure which it was but it does not really matter.

I am using "*S. boulardii* gluten gliadin" as a search term. If anyone has a better suggestion i would like to see it.

Actually this has turned out to be just the right search term. That last quote was from:

[http://www.costlessvitamin.com/catalog/wobenzym-pca-rx-medicardium\\_-1441\\_Florastor.htm](http://www.costlessvitamin.com/catalog/wobenzym-pca-rx-medicardium_-1441_Florastor.htm)

And here is an even more interesting one:

<http://ezinearticles.com/?Probiotics-And-Altered-Gut-Flora-Winning-The-War-On-Terrorism-In-Your-Gut&id=434670>

Here is a quote from the second of those url's:

"VSL#3 probiotic added to wheat flour has also been shown to be able break down gliadin the toxic protein in celiac "disease."

Hans, i think this explains your experience with vsl#3. Now to find someplace where it says *S. boulardii* can do that too.

"Probiotic bacteria may break down toxic food proteins like gliadin whereas bad bacteria may act in concert with gliadin to injure the gut. Probiotic yeast *Saccharomyces boulardii* also appears to help regulate the immune system in the gut. Probiotics are helping win the war on terrorism in the gut."

That nice little quote was from the very end of the second article referenced above. One of the references at the end of this paper sounds even better:

*"VSL#3 probiotic preparation has the capacity to hydrolyze gliadin polypeptides responsible for Celiac Sprue. De Angelis M. et al. Biochim Biophys Acta. 2006; 1762(1): 80-93"*

If i still lived within visiting distance of Howard University's medical library i would go right over there, find that journal in their somewhat disordered stacks, and copy it so as to study it at home, but those days are over. Besides, DC is full of snow right now. Better them than us. Up here in the frozen North the ground is nearly bare and the sap is running in the maple trees. My compost pit has thawed out and i saw the young delicate yellow-green tips of the first bulb sprouts

appear beside the house in the drip-line. Come on spring.

**PeggyM**

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Peggy,

That really is most interesting and would explain why, after taking VSL#3, I could all of a sudden tolerate wheat. I'll see if I can get a hold of the article and will send you a copy if I do.

**Hans**

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"VSL#3 does not yet have an approved indication for Celiac disease like it does for ulcerative colitis or pouchitis. Scientific data continues to accumulate supporting its use for the treatment and prevention of relapse in Crohn's disease, treatment of antibiotic associated diarrhea and Clostridium difficile infection, and treatment of traveler's diarrhea. There are published reports that VSL#3 bacteria are capable of breaking down toxic gliadin.

There are several scientific studies indicating that altered gut bacteria play an important role in the development of Celiac disease and failure to respond to a gluten free diet. Probiotic bacteria in sourdough bread has also shown promise in reducing the toxicity of gluten. Therefore, probiotic bacteria may be protective in Celiac disease. It has been shown that probiotic bacteria increase tight junctions or reduce leaky gut, suppress bad bacteria, compete with bad bacteria for nutrients and binding sites of the intestinal wall of the gut, reduce secretions and inflammatory reaction from infection, and have the ability to enhance the body's production of defensive proteins and intestinal digestive enzymes."

<http://www.dieticiansblog.com/2008/01/28/vsl3-ds-probiotic-gluten-free-but-only-available-in-powder-by-prescription-yet-effective-in-colitis-and-may-be-beneficial-in-celiac-disease/>

Zowie, here it refers to gluten as well as gliadin.

"I recommend probiotics to all my patients, especially those with Celiac disease, colitis, Crohn's disease or IBS. One my suggestions includes taking a probiotic before meals eaten out in restaurants is based on the theory that probiotic bacteria have the ability break down gluten into a non-toxic form as well as the known protective effects of probiotics described above. If you inadvertently ingest gluten due to cross contamination you may, at least theoretically, be somewhat protected."

Hans, here is another reference you may want to see:

*De Angelis M. et al. "Probiotic preparation has capacity to hydrolyze proteins responsible for wheat allergy" J Food Prot. 2007 Jan; 70(1):135-44.*

**PeggyM**

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Peggy,

Nice find! I'm going to pass it on to a friend with celiac.

My yard is still snow covered, so spring is a ways away.

Cheers,

**George**

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I am intensely interested in this subject, having had gut/colitis issues since I was 12 and only in the past few years have been mostly ok, since omitting dairy and wheat from my diet and taking a probiotic. It would be wonderful to be able to eat wheat again.

I am currently taking a probiotic call lactobacillus plantarum 299V, sold by Dr. Sinatra. One website (not his) says: "In people, L plantarum 299v increases the concentration of carboxylic acids in feces and decreases abdominal bloating in patients with IBS. It can also decrease fibrinogen concentrations in the blood."

I don't know what carboxylic acid is, but the part about decreasing fibrinogen concentration is probably why it is heart and afib - beneficial.

Here's my question: Could I take both? Would they interfere with each other?

**Judith Anne**

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Peggy - there you have it...in a nutshell... if the gaps in the intestinal lining (leaky gut syndrome) are healed, then you most likely won't have the reaction to the antigen when it's introduced....unless, of course, you develop leaky gut again. Healing the gut ones down antibody reactions and the resultant inflammation that is so prevalent.

**Jackie**

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