

Evidence-Based Practice:

Introduction of a Gluten-Free and Casein-Free (GF/CF) Diet to Alleviate Psychotic Symptoms

By

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Disclosures

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Learner Objectives:

- The learner will be able to use evidence-based practice to justify using a GFCF diet as a treatment modality for psychotic symptoms
- The learner will be provided a more holistic approach in treating psychotic symptoms

Conflict-of-Interest: None known

Employer: Independent APN

Sponsorship: N/A

Introduction

Who am I and why am I here?

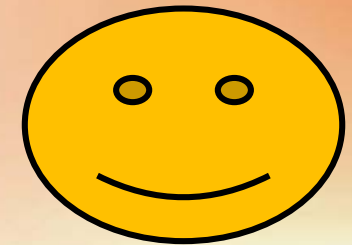
Case Study



- A 15-year-old psychotic boy
- Doctor tried everything, but no success
- He asked me what would I do in this situation

Outcome

- How the use of a GFCF diet changed this boy's life
- How this event changed my life
- What is in it for you?



A Better Way



- Holistic treatment options
- Alternative to traditional treatments

Hypothesis – F. C. Dohan

- A GFCF diet alleviates psychotic symptoms



- Proposed by F. C. Dohan

Main Points of Dohan's Theory

- Schizophrenia is inherited
- Hypersensitivity to certain foods produce psychotic symptoms
- Gut dysfunction produces opioid exorphins, which reach the brain

Collaborating Research

- Dohan's theory was explored further by other researchers
- Reichelt in 1996 developed an opioid-excess theory to extend Dohan's hypothesis

- Patients experience immunological changes from gluten and casein



Recent Research in U.S.A.

- Severance and other researchers since 2010 confirmed initial theory of Dohan regarding schizophrenia:
 - There is a gut to brain axis connection
 - Gastrointestinal inflammation causes toxic exorphins to enter bloodstream
 - This causes immunologic activation of antibodies



Comparing Autism and Schizophrenia

- Why compare?
- Already proof that GFCF diet helps autistic children
- Research study of over 380 families in 2012 by Penn State College of Medicine (Klein et al.)



Similarities Between Autism and Schizophrenia

- Parental infection
- Gut to brain axis connection
- Nutrition and digestive issues causing psychotic symptoms
- Formation of exorphins as a result of incomplete digestion
- Immunologic abnormalities in response to gluten and casein

Conclusions

- A GFCF diet, which is successful in autism, may be extended to psychosis
- EBR since 1966 shows that a GFCF diet alleviates psychotic symptoms
- Additional research is needed
- The use of a GFCF diet provides a more holistic approach and may be augmented with more traditional therapies
- This type of approach will yield more positive outcomes

Recommendations

- Try a GFCF diet when all else fails
- Use allergy blood test (ELISA) for milk and / or wheat
- Expand the allergy testing to additional foods
- Allergy testing forms a basis for eliminating problematic foods

A close-up, artistic photograph of a glass filled with a golden-brown liquid, likely whiskey, with a blurred background. The glass is tilted, and the liquid is captured in a dynamic, flowing state. The lighting is soft and warm, highlighting the texture of the liquid and the smooth surface of the glass. The background is a mix of light and dark tones, creating a sense of depth and focus on the glass.

Questions???

References

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